

The world's largest global newspaper

metro®

CALGARY • THURSDAY FEBRUARY 26 2009

metronews.ca

Voted by Consumers



2009

BEST NEW
PRODUCT

BestNewProducts.ca

Powered by **BrandSpark**

PRESENTED BY

Canadian
Living

PRESENTED BY

BrandSpark
International

Canadian
Living

COUP
de
POUCE

MARKETING

metro®



What are the Best New Product Awards?

Last Thursday, the 2009 Best New Product Awards were announced to a waiting audience. If you haven't heard of them, perhaps you should.

"It's based on a random survey involving over 25,000 Canadian consumers," explains Robert Levy, President of BrandSpark (the company behind the Best New Product Awards), "so it really is a window on the Canadian principal grocery shopper; it's national, and it's both English and French."

The criteria of any winner of a Best New Product Award, says Robert, is based on two equal factors: "If you don't find the product appealing – either the packaging or the name or what it is – you're not going to buy it. And if you aren't satisfied in a way that it

met your needs and met your expectations and that you're prepared to purchase it again... we developed this methodology with marketers to make it as close as possible to a real life situation – so it's as close as it can be to the recommendation of a friend."

In the food category, the emphasis was on convenience and nutrition – with a side of sweet-toothed indulgence, of course. For personal care, the majority tended to lean towards branding that smacked of guilty pleasures and lasting satisfaction. In household products, environmental concerns were prevalent. Throughout the categories, ultimately, consumers made it clear that they are looking to get more bang for their buck through more concentration

and power with less packaging, and this was reflected in this year's Awards.

"Metro is delighted to be a sponsor of the Best New Product Awards this year," enthuses Bill McDonald, Metro's English Canada Group Publisher. "Very much like the innovation Metro offers to readers and advertisers alike, these awards celebrate innovative new consumer packaged goods products as chosen by consumers. At Metro we take great lengths to listen to our readers through programs like the Metro Life Panel, letters to the editor, etc. Our participation in the Best New Product Awards is an extension of that commitment to listen."

By Lori Dance

2009 Best New Product Award Winners

- ✓ Air Wick Odour Stop Aerosols
- ✓ Arm & Hammer® Odour Alert Clumping Cat Litter
- ✓ Astro BioBest Smoothie
- ✓ Astro BioBest Vitalite Yogurt
- ✓ Becel Buttery Taste Margarine
- ✓ Blistex Deep Renewal Anti-aging Lip Treatment
- ✓ Casa Di Mama Pizza
- ✓ Cover Girl LashBlast Mascara
- ✓ Cover Girl TruBlend Boutique
- ✓ Craisins® Sweetened Dried Cranberries 100 Calorie Pack
- ✓ Crest Pro-Health Rinse
- ✓ Dove Antiperspirant
- ✓ Dove Body Wash
- ✓ Duracell Rechargeable Batteries
- ✓ Garden of Eatin® Multigrain tortilla chips.
- ✓ Gillette Fusion Power Phenom
- ✓ Gillette Venus Embrace
- ✓ Glad 100% Compostable/Biodegradable Kitchen Bags
- ✓ Green Works Natural Cleaners
- ✓ Grissol Crispy Baguettes Rosemary & Olive Oil Flavour
- ✓ Herbal Essences Long Term Relationship Leave In Split End protector
- ✓ Herbal Essences Long Term Relationship Shampoo
- ✓ Hershey Bliss
- ✓ Knorr Bouillon cubes with Extra Virgin Olive Oil & Sea Salt
- ✓ Knorr Colourful Soups
- ✓ Knorr Sides Plus Veggies
- ✓ Kraft Extra Virgin Olive Oil Signature Dressing
- ✓ Lipton Pyramid Teas
- ✓ Maple Leaf Simply Savour™ Grilled Chicken Breast Strips Value Pack
- ✓ Pulsar Pro-Health Manual Toothbrush
- ✓ Skintastic® OFF!® FamilyCare Insect Repellent Towelettes
- ✓ Sun Rype 100% Juice
- ✓ Tide 2x Liquid
- ✓ Vaseline Cocoa Butter Body Lotion



✓ **LOOK INSIDE** TO VIEW SOME OF THE WINNING PRODUCTS AND FOR YOUR CHANCE TO WIN A GIFT BASKET!

Expect MORE Expect WOW!

DREAMBODY GUARANTEED

MNSCR

www.dreambodyguaranteed.com

See our ad in Today's Sports Section for more details

The world's largest global newspaper

metro

CALGARY • THURSDAY, FEBRUARY 26, 2009

metronews.ca

Canadian Legal Resource Centre Inc.

CALL NOW! Mon-Sat Daytime & Evening Appointments
403.229.2774 **FREE CONSULTATION**

UNCONTESTED DIVORCES
Legal Separation Agreements
Spousal Land Transfers

www.canadianlegal.org

CRIMINAL RECORD?
Canadian Pardons
US Travel Waivers
Fingerprinting

21+ years experience
Voted #1 Paralegal
Why pay more?

Olympic rink limited by the weather

CITY Mechanical problems have prompted skating restrictions at Olympic Plaza.

The ice plant has been shut down due to the unavailability of replacement parts, meaning that the ice is subject to weather conditions and will be treated as an outdoor rink.

Calgarian Derek Mortson still plans to skate at the rink, and isn't upset that the city isn't rushing to fix the machine.

"I think there are more important things the city could do with their money in these important times," he said.

METRO CALGARY

Netherlands **Nine die in Turkish Airlines plane crash**



A passenger, wearing a thermo blanket walks away from a Turkish Airlines passenger plane that crashed while attempting to land at Amsterdam's Schiphol airport yesterday. The plane broke up into three pieces when it hit the ground next to the runway. Nine people among 134 aboard the plane died, another 25 were severely hurt, six are in critical condition. **More coverage, page 8.**

ROBIN VAN LONKHUIJSEN/REUTERS/UNITED PHOTOS

Millarville will 'come together': Expert

JENNIFER HILLIKER
for Metro Calgary

TRAGEDY The small community impacted by the death of seven-year-old Brandon Kruggel will bond together in this time of tragedy, according to a local psychotherapist.

A vehicle struck Kruggel Tuesday morning prior to him boarding his bus to school on a rural road southwest of Calgary. The teenage driver of the vehicle allegedly failed to stop for the bus' flashing lights and passed the bus, hitting the boy.

Maver Eagle, with Master's Counseling Services, said because of Millarville's size, community members will be able to share their grief and express their sadness in a healthy way.

"They will come together and support the family," Eagle said. "They're also going to really support the young man that hit the boy — that is an equal tragedy. A young life has been ruined, and how the community handles the tragedy is going to have a major impact on this young man."

Eagle said Millarville parents will likely take preventative measures to make sure a similar incident doesn't happen to their child.

Fashion Week

London catwalk

Metro's Kenya Hunt explains why London Fashion Week had a celebratory vibe to it, with details on all the latest fashion trends, pg 18

Riding the Recession

Through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Food

- Looking for a place to eat that won't leave a hole in your wallet? Check out Metro's Meal for a Steal, pg 16
- Wine columnist Peter Rockwell introduces us to some budget vintages, pg 17

Missing skier dies

Questions arise after couple stranded with no help

KRISTA SYLVESTER
krista.sylvester@metronews.ca

"It's just terrible, it's very tragic."

Cpl. Annie Linteau

A woman is dead after she and her husband were missing for 10 days despite four SOS distress signals carved into the snow of the Rocky Mountains, according to officials.

What can only be described as a tragic ending to a terrible ordeal for Quebec couple 51-year-old Gilles Blackburn and 44-year-old Marie Jose Fortin, has left questions of how the tourists were stranded for over a week without help, despite repeated attempts to alert authorities.

The couple were skiing at

Kicking Horse Mountain Resort in Golden, B.C., for the Valentine's Day weekend when they got lost in the back country Feb. 15. According to authorities, they were not prepared for the conditions and didn't have food or water, except for two granola bars.

When help finally reach Blackburn, his wife had already succumbed to the conditions days earlier, according to RCMP.

"It's just terrible, it's very tragic" Cpl. Annie Linteau of

the RCMP said.

Purcell Helicopter Skiing initially spotted the first SOS in the snow on Feb. 17 and notified Golden Search and Rescue. On Feb. 21, they saw two more SOS symbols in the snow and this time contacted Golden RCMP.

But according to Linteau, no searches were conducted because after checking with the ski resort, there was no missing equipment or cars left behind.

"All enquiries met with negative results that might have surfaced evidence that anyone was missing and as such a ground search was not launched," the RCMP stated.

Jordan

Petrovics,

spokesperson for Kicking Horse, said the resort employees conducted a base area search when they first heard about the tracks and SOS symbols, but learned about the rescue search on Tuesday.

"We're not saying too much else right now because the RCMP has taken the investigation over," he said, but in a statement they sent their condolences to the family.

Linteau said the couple was reported missing in Montreal on Monday but before authorities were contacted in Golden, they had already been found.

Blackburn is recovering in hospital with frostbite.

TOSS YOUR LANDLINE save even more

FULLFIDO

\$40

PER MONTH

2,000 MINUTES

the new

fido



Local airtime minutes apply only within your FULLFIDO zone. One-time activation fee of \$35 per line applies.™ Fido Solutions Inc. © 2009.

Unlimited txtng. That's something to :) about.

TEXT & MORE
25 PLAN¹

\$25^{/MO.}

- Unlimited text messaging²
- Unlimited local evening and weekend minutes, starting at 6 p.m.³
- 100 local anytime minutes + 100 bonus minutes⁴
- Call Waiting and Conference Calling⁵

Visit a Bell store • 1 888 4-MOBILE (662453) • bell.ca



3G BlackBerry® Storm™
9530 smartphone

\$249⁹⁵

with a \$45 voice
and data plan
on a 3-yr. term⁶
(\$699.95 no term)



LG Rumour™

\$29⁹⁵

on a 3-yr. term⁷
(\$279.95 no term)



3G BlackBerry® Pearl™
8130 smartphone

\$0

with a \$35 voice
and data plan
on a 3-yr. term⁸
(\$449.95 no term)



Samsung Cleo™

\$0

on a 3-yr. term⁷
(\$279.95 no term)

Bell txtng
just got
better

Available at the following
Bell stores:

BANFF
Cascade Plaza

CALGARY
509 - 2nd Street, S.W.
1002 17th Ave. S.W.
1905 Centre Street
4801 Westwinds Dr.
9650 Harvest Hills Blvd. N.E.
10603 107th Ave.
Beacon Hill Center
Chinook Centre
Crowfoot Crossing
Deer Valley Shopping Centre
Deerfoot Meadows
Deerfoot Outlet Mall
Easton Centre
Forest Lawn Shopping Centre
Market Mall
Marlborough Mall - kiosk
North Hill Shopping Centre - kiosk
Northland Village
Shawnessy Village
Southcentre Mall
Southcentre Mall - Kiosk
Southpointe Shopping Centre
South Trail Crossing
Sunridge Mall
Westbrook Mall

CANMORE
105 - 802 Bow Valley Trail

EDMONTON
3918 White Mud & 17th St.
6143 28th Ave.
9774 170th St.
10157 - 101 St.
10603 107th Ave.
11150 149th St.
17551 100th Ave.
12804 82nd St.
14808 Stony Plain Rd
18563 Stony Plain Rd
Abbottsfeld Shoppers Mall
Bonnie Doon
Capilano Mall
Chartwell Shopping Centre
Edmonton City Centre
Edmonton City Centre kiosk II
Kingsway Garden Mall
Londonderry Mall
Mill Woods Town Centre
Northgate Centre
Northgate Centre kiosk
Sherwood Park Mall
South Edmonton Common
South Park Centre
Southgate Mall - kiosk
St. Albert Centre
St. Albert Trail at 137 Ave.
West Edmonton Mall
Westmount Centre
Whyte Avenue at 107 St.

EDSON
330 45th St. Unit 104

FORT MCMURRAY
19 Riedel St.
Peter Pond Shopping Centre

GRANDE PRAIRIE
Prairie Mall

LEDUC
4916 50th Ave.

LETHBRIDGE
Lethbridge Smartcenters
Park Place Shopping Centre

LLOYDMINSTER
Lloyd Mall

MEDICINE HAT
Carry Drive Plaza
Medicine Hat Mall

RED DEER
Bower Place Shopping Centre
Parkland Mall

SPRUCE GROVE
Creekside Centre

WHITECOURT
3301 37 Ave

Also available at these retailers:

CALGARY
Connect All

LETHBRIDGE
Protek Communications

COSTCO
WHOLESALE

booth
the telephone booth

WIRELESS etc...

«WIRELESSWAVE»

Offer ends March 31, 2009. Available with compatible devices within Bell Mobility high speed mobile network coverage areas. Weeknights Mon-Thu, 6pm-7am; Weekends Fri 6pm-Mon 7am. Other monthly fees, i.e., e9-1-1 (75c), system access (not a government fee) (\$8.95), and one-time device activation (\$35) apply. Long distance and roaming charges (including foreign taxes) may apply outside your local area. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. (1) With new activation on a 3-yr. term. (2) Received messages include local, international, roaming and service related messages from Bell and exclude premium, alerts and dial-up messages. Sent messages include local messages and exclude international, roaming, alerts, premium messages and messages sent with an instant messaging application. (3) Applies to airtime for calls in your local calling area. (4) Bonus minutes apply during the initial contract term. (5) Simultaneous use of airtime. (6) With new activation on a post-paid voice plan and a data feature with a total min. value of \$45/mo. (7) With new activation on a post-paid voice plan. (8) With new activation on a post-paid voice plan and a data feature with a total min. value of \$35/mo. BlackBerry® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Rumour is a trademark of LG Electronics Inc. Samsung Cleo is a trademark of Samsung Electronics Co., Ltd., and its related entities.

Local men face numerous trafficking, weapons charges

Two Calgary men have been charged with drug trafficking and weapons offences after a search warrant executed in Falconridge on Tuesday. Issa Ali Issa, 25, and Yussuf Saed Yussuf, 23, face numerous charges in relation. **METRO EDMONTON**

3

Local

Unearth home, garden ideas

More than 450 home and garden specialists are bringing their expertise and products to the Home and Garden Show at the Roundup Centre this weekend. Organizers say it could offer a good chance to take advantage of the home renovation tax credit introduced in January by the federal government. **METRO EDMONTON**

Hell's Kitchen

8 Tonight

Citytv

ROGERS™

300,000 homes to get recycling carts

ENVIRONMENT The city will soon make it easier for Calgarians to recycle.

Blue recycling carts will be sent to 300,000 homes within the next few weeks, two to six weeks before their first recycling pickup. Complexes with as many as four units will also be provided with carts.

Households can expect an extra \$8 added to their Enmax utility bill for the service. **METRO EDMONTON**

metronews.ca
What's online today.

Watch Condo prices dive as recession cuts demand at metronews.ca/local
Watch TV's Jon Stewart has some choice words about Obama's trip to Ottawa at metronews.ca/canada

Lotteries

Lotto 6/49: 5, 11, 26, 31, 36 & 39 Bonus 4
These results are not official.

Young woman dies in crash

KRISTA SYLVESTER
krista.sylvester@metronews.ca

A young woman was killed yesterday during the early morning commute after her car lost control and was struck by a gravel truck, police say.

Duty Insp. Rob Williams said the blue Dodge Neon was heading eastbound on Glenmore Trail just before 8 a.m. when it lost control on the icy roads and spun over the median before being struck by the west-bound gravel truck.

Police believe the victim was 19 years old.

"It's tragic. We believe she was killed instantly. (The driver) of the semi is pretty shaken up," Williams said.

"The roads are icy and we believe the conditions and weather were a factor."

EMS arrived quickly, but the woman was pronounced dead on scene, and firefighters had to extricate her from the vehicle.



A 19-year-old woman was killed after police believe her car lost control and was struck in the path of an oncoming gravel truck yesterday morning at Glenmore Trail and Crowchild Trail.

hours after the collision.

Glenmore Trail was shut down for several hours, just reopening again before lunch while crews reconstructed the scene.

Dana Leigh, 23, was

caught in the snarled up traffic but said despite the delay she was only concerned about the victim.

"That's just terrible. I just kept thinking that could have been anyone, it's really sad," she said.

Williams said charges will not be laid against the driver of the gravel truck and the traffic unit is continuing the investigation. The victim's name is being withheld until an autopsy is complete.

More Calgarians using less water, says city report

UTILITIES Calgarians are becoming more water-savvy as the years go on, according to the city's latest water efficiency report.

Calgary continues to stay below 2003 water usage levels, even though there are 120,000 more Calgarians using water, the city said, adding they are on track to meet its goal to reduce water consumption by 30 per cent over 30 years.

"City technology incentives, programs and education campaigns are helping Calgarians use water more wisely in the home and in business," said Nancy Stalker, of the water resources department.

While the results were positive, the city would still like to see more growth in universal water metering. Currently 82 per cent of Calgarians have meters, but there are still 53,400 flat rate accounts. The city installed 9,000 new water meters in 2008.

KRISTA SYLVESTER/METRO CALGARY

GET A GREAT NEW CAREER IN LESS THAN A YEAR!

DIPLOMA PROGRAMS

HEALTH CARE Massage Therapy ✂ | Medical Office Administrator ✂ | Retail Pharmacy Technician ✂ | Medical Administrative Assistant ✂

TECHNOLOGY Network and Internet Security Specialist ✂ | Help Desk Support Analyst ✂

BUSINESS & LEGAL Paralegal ✂ | Business Administration E-Commerce Management ✂ | Accounting and Payroll Administrator ✂ | Professional Legal Assistant ✂ | Oil & Gas Administrative Assistant ✂ | Hospitality (AHLA) ✂ | Travel and Tourism ✂ | Business Administration Management ✂

- Financial Aid Available to Qualified Applicants
- Career Services Assistance
- High Graduate Employment Rates
- 9 Campuses in AB
- Classes Filling Fast – Call Now to Reserve a Seat

* Not All Programs Available At All Campuses.

✂ Pertains To A Reeves College Program
✂ Pertains To A CDI College Program

REEVES COLLEGE
Guiding Your Success

1-800-710-1448
WWW.REEVESCOLLEGE.CA

CDI COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

1-888-245-6827
WWW.CDICOLLEGE.CA

To celebrate its 100th birthday in 2011, Mount Royal College will be unveiling a new logo. Two finalists in a contest already held will be chosen at 4 p.m. today. Students, staff and faculty will be voting on their choice in March. The winner will receive \$1000 and have their logo be the face of centennial celebrations. **METRO CALGARY**

Mustard Seed says thanks for 25 years

To celebrate its 25th birthday, the Mustard Seed is doing what it does best: Giving gifts to others.

Yesterday at EMS headquarters, Pat Nixon, CEO

of the Mustard Seed, presented EMS services and the Centre City Team — which focuses on inner-city work — with a plaque featuring dozens of signatures and thank-yous from

people the team has helped at the Seed.

“You’re on the top of the list as to who we want to show our appreciation to,” Nixon said at the unveiling ceremony.

But the plaque couldn’t contain them all — Nixon rolled out about another four feet of paper with more expressions of gratitude from residents at the centre.

Ryan Collyer, a Centre City Team member for a year and a half, said it was a fantastic and touching gesture that meant more than a “canned” plaque could ever mean.

“To me it shows we’re making a difference,” Collyer said, adding that it’s been an excellent experience for him.

**ALICIA FOX/
FOR METRO CALGARY**



Give yourself a tax break. Talk to an RBC® advisor and ask about how a Tax-Free Savings Account can work for you.

**To talk to an RBC advisor,
call 1-800-463-3863,
visit your local branch,
or visit rbc.com/tfsa**

RBC's Tax-Free Savings Account is a great new way to help you realize both your short and long-term goals sooner. An RBC advisor works with you to create a plan that encompasses your complete investment picture.



CREATE
A FUTURE WITH PEACE OF MIND

Clickalicious.



\$249.99*

BlackBerry® Storm™ 9530 smartphone

Meet the Storm – the first-ever touchscreen BlackBerry smartphone. It feels better than anything you've held before, because the screen actually clicks like a button when you press it. Feel it for yourself at TELUS.

Get the 3G BlackBerry Storm on Canada's largest 3G network.

 **TELUS**
the future is friendly®

TELUS AUTHORIZED DEALERS

CALGARY NORTHWEST

Market Mall

Beacon Hill Centre

Central Landmark Mall

Dalhousie Station

North Hill Mall

Northland Mall

822 Crowfoot Cres. NW

207 14th St. NW

NORTHEAST

Country Hills Towne Centre

Deerfoot Mall

Marlborough Mall

Sunridge Mall

2420 42nd Ave. NE

1353 32nd Ave. NE

2520 23rd St. NE

2000 McKnight Blvd. NE

323 - 2555 32nd Ave. NE

SOUTHWEST

Chinook Centre

Bankers Hall

Bow Valley Square

MacLeod Plaza

Southcentre Mall

TD Square

Westbrook Mall

Westhills Towne Centre

6039 Centre St. S

835 17th Ave. SW

245 - 225 7th Ave. SW

16061 MacLeod Trail S

264 - 6100 MacLeod Trail S

1 - 4623 Bow Trail SW

203 - 321 6th Ave. SW

5 - 2008 33rd Ave. SW

4825 MacLeod Trail S

SOUTHEAST

Dragon City Mall

TELUS Convention Centre

856 - 33 Heritage Meadows Way SE

1288 42nd Ave. SE

7845 Flint Rd. SE

4410 50th Ave. SE

3012 17th Ave. SE

10836 24th St. SE

109S - 8500 MacLeod Trail S

4949 Barlow Trail SE

Okotoks

181 - 31 Southridge Dr.

118 Elizabeth St.

Strathmore

8 - 55 Wheatland Trail

103 - 331 3rd Ave.

For more details on these great offers, visit your TELUS authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

► FUTURE SHOP

BEST BUY

WAL-MART

LONDON DRUGS

Visions
The Best Vision in the Business

Phone availability and price may vary. Prices are subject to change without notice. *Available until March 31, 2009. Effective net price after in-store discount at time of activation. Available for clients (new and renewal) who activate voice and data service with a combination of a voice rate plan and a data add-on totalling \$45 or more on a 3 year term. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. TELUS, the TELUS logo and the future is friendly are trademarks used under licence from TELUS Corporation. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. © 2009 TELUS.

Canada



Singer opposes quarry plan

Sarah Harmer has been singing Escarpment Blues, a song she composed to protest plans for a quarry near her Burlington, Ont., home. The Juno-award winning singer has helped to start a citizens' group, Protecting Escarpment Rural Land, which is opposing a bid to open an 80-hectare pit on the Niagara Escarpment, designated as a World Biosphere Reserve by the United Nations. **TORSTAR NEWS SERVICE**

NDP member calls for more transparency

POLITICS Prime Minister Stephen Harper should take a lesson from U.S. President Barack Obama and force federal departments to become more open and accountable to Canadians, an NDP MP says.

But as U.S. government agencies are being told to open up, federal departments in Ottawa remain mired in a "culture of secrecy," NDP MP Pat Martin said yesterday.

At the heart of the problem is an outdated Access to Information law that is openly flaunted by bureaucrats keen to stifle public demands for information, said Martin (Winnipeg Centre).

"Users of the Access to Information Act know that the system is broken. It's

dysfunctional, doesn't work anymore," Martin said. "People are frustrated by unnecessary delays, unnecessary costs and a failure to comply with the very specific requirements of the act," he said.

The extent of those problems is expected to be driven home this morning when Information Commissioner Robert Marleau releases several reports about how Ottawa handles Access to Information requests.

The news is not expected to be good for a Conservative government that came into office in 2006 pledging more openness and accountability but instead has seen complaints about government foot-dragging on access requests skyrocket. **TORSTAR NEWS SERVICE**

Green talk relieves PM

But Canadian oil will continue to flow south, Harper says

Prime Minister Stephen Harper says he is breathing a sigh of relief that U.S. President Barack Obama is serious about climate change, but the pace of change in Washington could leave him struggling to catch his breath.

From world-leading automobile fuel standards to a clean energy surge and greenhouse gas restrictions, the U.S. is set to accomplish over the next year what Canada has been promising for a decade.

While the Tories have put pollution regulations on hold until the American playbook becomes clearer, Obama called Tuesday in his address to Congress for an emissions cap-and-trade

Mexico — The other partner

- Despite the promise of deeper co-operation to fight global warming, there are signs U.S. President Barack Obama's kindred climate change spirit lies not in Canada, but in Mexico.
- Sources say that Mexican President Felipe Calderon

plans to announce a climate-change strategy in the next few weeks that calls for a 50 per cent reduction in greenhouse gas emissions by 2025, targeting in particular the country's petroleum and electricity industries.

system that is anticipated to raise \$300-billion in new revenue and set the course for economic recovery.

"History reminds us that at every moment of economic upheaval and transformation, this nation has responded with bold action and big ideas," Obama said, calling climate change, along with health and edu-

cation, his top priorities for the year ahead.

The Conservatives have pledged to keep pace with Washington both to do what is politically popular and to stay competitive economically, but signs have emerged that Harper's team has not completely changed its stripes.

Asked this week about

threats in the U.S. to ban oil imports from Alberta, Harper insisted Canadian taps would continue to slake the U.S. thirst, regardless of political rhetoric.

It was reminiscent of the diatribes he once reserved for opposition parties urging a carbon tax or Kyoto compliance. This time his target was green U.S. governors like California's Arnold Schwarzenegger, who has passed legislation to outlaw dirty energy sources in favour of cleaner fuels.

"There should be no illusion that economic reality will hit those environmental policies pretty hard when one goes to implement them," Harper told CNBC host Larry Kudlow.

TORSTAR NEWS SERVICE

News in brief

TELEVISION Broadcaster CTV Inc. will shut a pair of its television stations in Ontario, citing "the current global economic crisis" and various structural problems facing the conventional television sector, the network said yesterday.

REUTERS

TASER INQUIRY Robert Dziekanski posed a real threat to the four RCMP officers who surrounded him and to onlookers at the Vancouver International Airport, one of the officers told the Braidwood inquiry yesterday.

CBC NEWS ONLINE

Bizzykeyz.com

SPECIALIZING IN INNOVATIVE COMPUTER AND GAMING ACCESSORIES

EXPERIENCE THE THRILL OF GAMING WITH THE GOODS AND SERVICES PROVIDED BY BIZZYKEYS

sales@bizzykeyz.com www.bizzykeyz.com

Looking for an apartment?

Check *Apartment Finder*, in Metro. Coming soon.

To advertise please contact
Warren Smith: 403-444-0136
or warren.smith@metronews.ca

metronews.ca

metro
Do it daily.

Toronto Football player found not guilty



Former Toronto Argonaut running back Bernard Williams, left, and lawyer John Struthers hug outside a Toronto court yesterday. Williams was acquitted of sexually assaulting an aspiring cheerleader.

Tories accused of withholding school funds

NATIVE AFFAIRS The Conservatives withheld funds for badly needed native school construction because the communities were located in opposition ridings, government documents obtained by the New Democ-

rats suggest.

An internal memo advising Indian and Northern Affairs Minister Chuck Strahl of the situation caused a furor in the Commons yesterday, with Strahl being reprimanded

for his personal attack on NDP critic MP Charlie Angus.

At issue was a memo advising Strahl that he should be aware of a potential controversy over the lack of action on some

native school construction or renovation projects.

The memo implied that, in at least two cases, the lack of action was because the projects were situated in opposition-held ridings.

TORSTAR NEWS SERVICE



Jeans
from **\$29.90**

H&M

Climate change will wipe out most life on Earth by the end of this century and mankind is too late to avert catastrophe, said leading British climate scientist James Lovelock. His apocalyptic theory foresees crop failures, drought and death on an unprecedented scale. **REUTERS**

World



Prehistoric fish pioneered sex

Sex has been a fact of life for at least 380 million years, longer than previously thought. Internal fertilization was widespread among prehistoric fish living on ancient tropical coral reefs in the Devonian period, research published in the journal *Nature* yesterday showed. The discovery sheds new light on the reproductive history of all jawed vertebrates, including humans. **REUTERS**

Gitmo abuse has worsened: Lawyer

Abuse of prisoners at Guantanamo Bay has worsened sharply since U.S. President Barack Obama took office as prison guards "get their kicks in" before the camp is closed, according to a lawyer who represents detainees.

Abuses began to pick up in December after Obama was elected, human rights lawyer Ahmed Ghappour said. He cited beatings, the dislocation of limbs, spraying pepper spray into closed cells and on toilet paper, and over-forcefeeding detainees who are on hunger strike.

The Pentagon said on Monday that it had received renewed reports of

"(One) could say that these traumatized ... guards were just basically trying to get their kicks in right now for fear that they won't be able to later."

Ahmed Ghappour

prisoner abuse during a recent review of conditions at Guantanamo, but had concluded that all prisoners were being kept in accordance with the Geneva Conventions.

"If one was to use one's

imagination, (one) could say that these traumatized, and for lack of a better word, barbaric, guards were just basically trying to get their kicks in right now for fear that they won't be able to later," said Ghappour, a British-American lawyer with Reprieve, a legal charity that represents 31 detainees at Guantanamo.

He stressed the mistreatment did not appear to be directed from above, but was an initiative undertaken by frustrated U.S. army and navy jailers who directly or indirectly blame the prisoners for the injuries and the trauma they suffered in Iraq. **REUTERS**

Thailand Protest drags on



Supporters of former Thai prime minister Thaksin Shinawatra gather outside the Foreign Ministry during an anti-government protest in Bangkok yesterday. Thai protestors marched to demand that the country's top diplomat quit as their street campaign dragged on for a second day.

Turkish plane crash kills 9

NETHERLANDS A Turkish Airlines plane with 134 passengers and crew aboard crashed in light fog while trying to land at Amsterdam's Schiphol Airport yesterday, killing nine people and injuring dozens.

Officials said some 84 people were taken to hospitals, including 25 who were severely hurt, when flight TK 1951 from Istanbul crashed into a field short of a runway at Schiphol, Europe's fifth-largest airport by passenger volume.

Six were in critical condition.

"We cannot say anything about the cause at the moment," acting local mayor Michel Bezuijen told reporters. "The priority ... is providing help and care." **REUTERS**



MAXIMIZE YOUR CONTRIBUTION THIS YEAR

This year, get a Second Opinion on the two great options available for your investment dollars: the Tax Free Savings Account and the Retirement Savings Plan. Each has its own unique benefits depending on your personal situation and your goals. A Scotia® advisor can help make the choice that's right for you.

To get pointed in the right direction speak to

a Scotia advisor or visit scotiabank.com/secondopinion

WE CAN HELP YOU MAKE THE MOST OF WHAT YOU HAVE.

You're richer than you think.®

Scotiabank Group®

® Registered trademarks of The Bank of Nova Scotia. The Scotiabank Group refers to The Bank of Nova Scotia, Scotia Capital Inc., The Bank of Nova Scotia Trust Company and Scotia Securities Inc.

LOCAL

Publisher, Steve ShROUT
Managing Editor, Darren Krause

NATIONAL

Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart

Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk

Art Director, Laila Hakim
Interactive/Mktg Director, Jodi Brown

Comment & Views

Comment

GM needs second revelation

InBusiness

Charles Davies

Veteran Business Writer

As General Motors CEO Rick Wagoner steers his beater of a company along the precipice of bankruptcy in a stormy recession, he must pine for the good old days.

I'm not talking here about the 1950s, when GM, with its chrome and fin-enriched lineup, was one of the world's most dominant corporations. I mean the Great Depression, the gold standard of economic misery, a period when GM somehow managed to stay profitable despite nose-diving sales.

Between 1929 and 1932, GM's North American car and truck production fell 75 per

cent and sales revenues dropped 78 per cent. Nevertheless, the company still managed to earn profits of \$248 million US and pay out dividends of \$343 million US. Working capital was trimmed only by \$26 million US and holdings of cash and short-term securities actually grew by \$45 million US.

Obviously, it helped that GM didn't have to deal with unionized labour in the worst of the Depression. The United Auto Workers didn't come along until 1935 and, a year after that, kick-started the certification process with sit-down strikes at GM plants in Atlanta and Flint, Mich.

Still, the company had a remarkable tri-

umph in adversity because it was brilliantly managed. GM was a nimble operator, combining innovation with a highly developed system of financial controls and manufacturing processes. Much of the credit for this goes to Alfred P. Sloan Jr., the MIT-trained electrical engineer who assumed GM's presidency in 1923 and didn't let go for nearly a quarter century. GM's strength in adversity, Sloan said in his memoirs, was simply that it could "react quickly" to changing business conditions.

GM revolutionized the fledgling auto industry through the 1920s. Henry Ford may have been the genius of mass production, but it was Sloan and his management team that shaped the market.

GM developed the broad

model line — "a car for every purse and purpose" — annual model changes, instalment buying (through the 1919 creation of General Motors Acceptance Corp.), and the trade-in.

But in a company that built cars in semi-autonomous divisions, they also introduced stringent cash controls and extreme due diligence when making investments in new products. Sloan's crew also implemented modern inventory and production controls along with regular sales and earnings forecasts. The result, as Sloan described it, was the transformation of a "formless aggregation" into "an integrated, effective enterprise" that ran on the principle of decentralization with co-ordinated control.

GM's Depression-era management structure was a revelation. The company dearly needs another one.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.



Views

Could you be heartless to your 'faves?'



Steve ShROUT

Metro Alberta Publisher

Someone recently asked me, "What are you giving up for Lent?" Trying to be the cool guy, I suggested perhaps my cellphone. Apparently it was the most humorous thing this person has ever heard. Taking the snorts personally, I started thinking. The Secret Service couldn't pry it from Obama's hands, so why would I give it up willingly? Over the last few weeks, my cellphone has risen to presidential status making it easier to justify why I carry one like a six-shooter on my hip! (LOL.) My whole style of commu-

nicating has changed over the past couple of years. What am I ABT2 do?

My friends think I'm addicted, but that's not my POV. I am pleased that my thumbs have found a new purpose in life! My smart phone is my life ... my email, telephone, Facebook, and general "thinking companion" ... till death do us part. Can I live without it? A separation of sorts; not for a lifetime, but just 30 days.

Am I crazy? What if it takes me a couple hours to respond to people? Will I miss business deals, memos, or, more importantly ... general office banter and useful gossip! I may be sacrificing the social status I have textured so hard to achieve!

What if it takes me a couple hours to respond to people? Will I miss business deals, memos, or, more importantly ... general office banter and useful gossip!

For instance, before I received my smart phone sitting impatiently at red lights was waste of time ... now they're just not long enough as I finish that last sentence of humorous and sometimes wise prose. I now have a new appreciation for the horns of some of the more exotic cars out there!

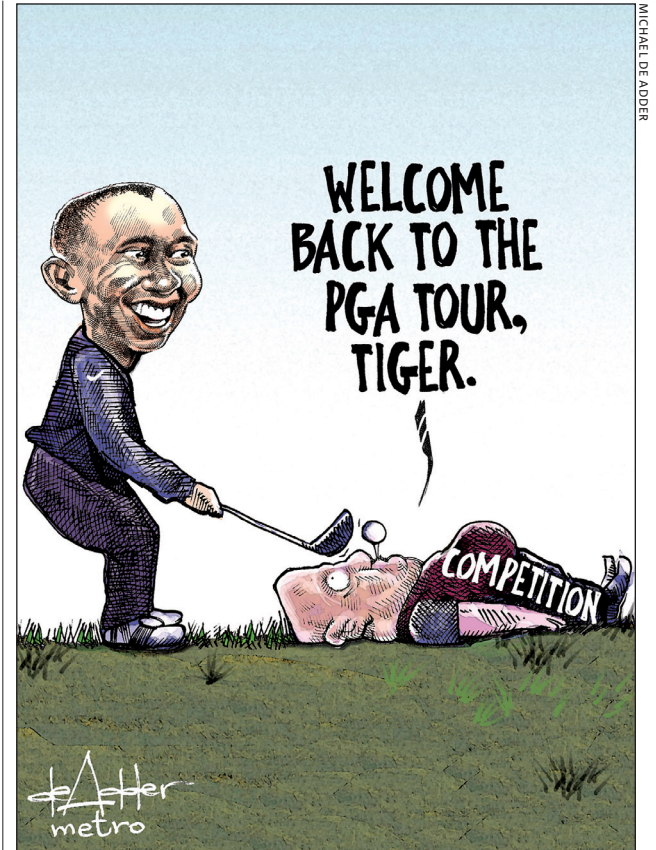
My "friends and family" love it when I'm the first to respond to every question, right? That's indeed what makes me so special! And what about photos? I'm pretty sure everyone loves

to see the world from my point of view so I send them proof of my "whereabouts" at whim. They always respond "LOL" or "KEWL!"

Giving up the smart phone may be a great experiment for me, but I'm just not sure I could be that heartless to all my "faves!"

Besides, does this thing even have an off button?

Metro Alberta Publisher Steve ShROUT has become proficient with technology and quite often experiences "phantom buzz" when separated from his cellphone.



Worth mentioning

Employee tardiness on rise

One in five U.S. workers say they are late to work at least once a week, according to a survey released yesterday.

The most common excuse is traffic, followed by a lack of sleep and getting children ready for school or daycare, said the survey conducted for CareerBuilder.com, an online job site.

Other frequent excuses are problems with public transportation, wardrobe issues or dealing with pets, it said.

One in 10 workers said they are late to their jobs at least twice a week.

Tardiness is on the rise, the survey said. In this poll, 20 per cent said they were late at least once a week. In a similar one taken a year earlier, 15 per cent said so.

The nationwide online survey was taken among 3,259 full-time hiring managers and human resource professionals and 8,038 full-time employees from Nov. 12 to Dec. 1 last year.

The poll also collected outrageous excuses for being late. One person reported having to take a second shower after walking into a spider web. Another said her husband thought it was funny to hide the car keys. Someone else claimed his car's left-turn signal was broken so he had to make all right turns to drive to work.

A third of the managers surveyed said they have terminated an employee for being late, it said.

The poll was conducted by Harris Interactive on behalf of CareerBuilder.com. Harris Interactive said the results had a sampling error of plus or minus 1.72 percentage points among the managers, and 1.09 points among the employees.

CareerBuilder.com is owned by Gannett Co Inc, Tribune Co, McClatchy Co and Microsoft Corp. REUTERS

ShareYourViews

calgaryletters@metronews.ca

It's your turn to tell others what you think. Email your thoughts and opinions to: calgaryletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

German Chancellor Angela Merkel said in a speech yesterday she wants to see an international ban on bonus payments to bad bankers. "There's no way that bankers should be paid a bonus if their business year was bad," she said at the rally north of Berlin. **REUTERS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

CANWEST Debt-strapped Canwest Global Communications Corp. has raised a little cash by selling part of its stake in

sports broadcaster The Score for \$6.62 million to Score Media Inc.

TORSTAR NEWS SERVICE

Career Finder

To advertise contact Cherrie Crisostomo at t: 403-539-4952 or e: cherrie.crisostomo@metronews.ca



HAVE FUN MAKING MONEY AS AN ACTOR OR MOVIE EXTRA ON CALGARY FILMS?

CONTACT ROBIN (403)-521-0077

Live-in Nanny Wanted

- Must have a minimum of 3 yrs experience with child care.
- Police and Child Welfare clearance required.
- We are located in NE Calgary.
- Position starts in July.

**Call Rahel or Biniam
403-475-5610**

Job At Home

\$487.68 Weekly.
Mail Work, Assemble Products
or Computer Work.
www.TopJobAlberta.com
Or Write to: CHR Jobs
900 Greenbank Road
Suite #415 • #916-MC1
Ottawa ON, K2J 4P6

North America's largest producer of Family entertainment has immediate openings for full time call center sales staff. We offer: Weekly pay, Bonus incentives and a great work environment! Our Top salespeople enjoy what they do and earn up to \$50k. If you have a great attitude and love to talk, Call us today. Located 1 block from the 39th Ave C-Train Station on Macleod Tr.

**Anthony or Marty 9am to 9pm
403 531 6179**



SERVICE DIRECTORY
TO ADVERTISE CALL BLAINE SCHLECHTER **403.444.0136**

FINANCIAL

**\$500\$
loan service**
by phone, no credit
refused, quick and easy,
payable over
3, 6, or 12 installments.
**Call toll free:
1-877-776-1660**

Metro Supports
Give Girls A Chance!
*Educate a Girl.
Change the World.*
www.givegirlsachance.org



Do it daily.

PSYCHIC

Mystic Eye Spiritual Readings
47 YEARS EXPERIENCE
100% Guaranteed Results
• Palm • Tarot • Crystal Ball • Energy Readings •
PH: (403) 228-2258
By Appointment Only
Solve all Problems of Life

*Come in
today for
a better
tomorrow*

CBC likely to cut back

Broadcaster facing ad revenue shortfall

The Canadian government said yesterday it expects the taxpayer-funded CBC to clamp down on costs amid reports that the broadcaster is facing an advertising revenue shortfall for the coming year.

"We expect the kind of belt-tightening at the CBC as we see with other broadcasters," Deirdra McCracken, spokeswoman for Heritage Minister James Moore, said yesterday.

"The CBC is already receiving over \$1 billion from taxpayers per year."

Her comments came in response to questions about whether the govern-

"We're not holding our breath for any increase in funding this year."

Karen Wirsig,
Canadian Media Guild

ment would be willing to give more money to the CBC, after newspapers reported that the broadcaster may suffer an ad revenue shortfall of up to \$65 million in 2008-09.

McCracken said that Moore has met with network officials, but she did not elaborate on the na-

ture of those discussions.

"We're not holding our breath for any increase in funding this year," said Karen Wirsig, spokeswoman for the Canadian Media Guild, which represents 5,500 employees at the CBC and Radio-Canada.

She said the union has not been notified of pending layoffs.

"We're pretty much at the bone," she said. "Job cuts are going to mean program cuts."

Belt-tightening at other broadcasters such as CTV and Canwest Global has already resulted in job cuts.

REUTERS

Nortel cuts 3,200 jobs

LAYOFFS Ailing telecom equipment maker Nortel Networks Corp. delivered on its plan to slash more jobs yesterday, cutting another 3,200 workers worldwide as it fights to survive under the cover of bankruptcy protection.

Workers

- The cuts represent roughly 10 per cent of Nortel's workforce of more than 30,000.

None of the laid-off employees will get severance payouts, which Nortel suspended when it filed for bankruptcy protection last month, a company spokesman said.

REUTERS

Quebec Caisse loses \$39.8B



MATHIEU BELANGER/REUTERS

Quebec Finance Minister Monique Jerome-Forget speaks about the losses of the Caisse de depot et placement du Quebec in Quebec City yesterday. Canada's biggest pension fund manager said yesterday it lost \$39.8 billion in 2008, hit by tumbling stocks and a depreciating dollar, prompting the provincial government to launch an investigation.



Did you know March 8th is International Women's Day?

First celebrated worldwide in 1910, this day is an annual promotion of women's equality, rights and freedom.

To commemorate this day, Calgary Immigrant Women's Association (CIWA) is hosting a "Women of the World" celebration.

For more information please call: 403-263-4414.

Citizenship and
Immigration CanadaCitoyenneté et
Immigration Canada

**Culver Laser
Eye Centre**

Customized Laser Eye Surgery
The Latest Generation of Visx Laser
Can We Help Make Things Clearer For You?

CULVER EYE CENTRE

Dr. Ronald L. Culver

403.269.5573 | drculver@culvereye.com



2009 Best New Product Award Winners

PRESENTED BY

BrandSpark
International

**Canadian
Living**

**COUP
de
POUCE**

MARKETING

metro

What are the Best New Product Awards?

The Best New Product Awards, now in its 6th year, is the only competition judged by 25,000 Canadian consumers coast to coast. With over 100 new products entered in the categories of Food, Personal Care and Household, the winners make for one great shopping list. For a complete list of winners, and the chance to win all 34 products, please visit www.metronews.ca/bnpa.



✓ DEEP RENEWAL™/nc ANTI-AGING LIP TREATMENT FROM BLISTEX®

Keep lips looking more youthful with new, clinically proven DEEP RENEWAL™/nc Anti-Aging Lip Treatment from BLISTEX®

- Visibly reduces the appearance of fine lines
- Leaves lips looking revitalized
- Helps keep lips moisturized

Coenzyme Q-10 for moisturization and overall visible revitalization

Hyaluronic Spheres to help give lips a fuller appearance. Deep Renewal utilizes best-in-class ingredients for beautifully cared-for lips.

- Coenzyme Q-10 – the gold standard for moisturization and overall revitalization
- Hyaluronic filling spheres – help give lips a fuller appearance
- Vitamin-collagen complex – promotes lasting lip health
- Light-refractors – contribute to improving lips' luster and youthfulness
- Sun protection – SPF 15 helps protect against sunburn



✓ GREEN WORKS™ PRODUCTS

We believe that natural cleaning products should:

- Provide powerful cleaning naturally.
- Be made from plant- and mineral-based ingredients.
- Use biodegradable ingredients.
- Never be tested on animals.

That's why we created Green Works™ products... so you can have natural cleaning products that you feel good about using, and are safe for the environment!



✓ DR. OETKER'S CASA DI MAMA PIZZA

Dr. Oetker's Casa di Mama pizza is the unique expression of traditional full-flavoured taste that pizza lovers hunger for. An authentic Italian pizzeria style thin crust that rises around the edge. Each pizza is topped with richly spiced tomato sauce and a delicious blend of mouth watering toppings for the ultimate bold, filling and satisfying pizza experience. Casa di Mama is available in 5 ultimate toppings: Deluxe, Pepperoni, 3 Meat, 4 Cheese and new Hawaiian. Casa di Mama; The Ultimate Homemade Pizza Taste!

Voted by Consumers



BEST NEW PRODUCT

BestNewProducts.ca

Powered by BrandSpark

PRESENTED BY

Canadian Living

2009 Best New Product



✓ ASTRO BIOBEST VITALITÉ PROBIOTIC YOGOURT

Astro BioBest Vitalité. It's more than just a probiotic yogourt. Astro BioBest Vitalité is the only yogourt with a unique blend of 3 probiotic cultures and prebiotic fibre. Each 100g serving contains 1 billion probiotic cultures plus prebiotic fibre making BioBest Vitalité unique in maintaining and supporting a healthy digestive system. It's smooth and creamy taste is available in nine delicious flavours. Visit feelgoodinside.ca for more details & introduce this award winning product to your family.

Astro BioBest Vitalité. Add a little Vitalité to your life.



✓ ASTRO BIOBEST PROBIOTIC SMOOTHIES

Astro BioBest Smoothies provide a delicious way to refuel your body – on the go! With its active probiotic cultures and convenient portable bottle, Astro BioBest Smoothies fits in with your family lifestyle. Every 200ml serving has 1 billion active probiotic cultures, is a source of energy, low in fat and a good source of calcium. Our award winning drinkable yogourt is available in five delicious flavours. Visit feelgoodinside.ca for more details.

Astro BioBest Smoothie. Refuel Your Body.



✓ KNORR® BOUILLION CUBES WITH EXTRA VIRGIN OLIVE OIL & SEA SALT

New Knorr® Bouillon cubes are made with sea salt and pure Bertolli extra virgin olive oil. Knorr cubes are easy to use, quick to dissolve and add rich flavour to your soups, stews, sauces, gravies and risottos.



✓ KNORR® SIDES PLUS™ VEGGIES

New Knorr Sides Plus veggies! Rice and pasta side dishes that offer a tasty and convenient way to serve your family more vegetables. Knorr Sides Plus Veggies provide 1/2 serving of vegetables per serving with no artificial flavours, no trans-fats, and are low in fat.



✓ KNORR® COLOURFUL SOUPS

New Knorr Ready-to-Serve Colourful Soups available in Red, Orange, Yellow and Green. Knorr chef's have skillfully combined delicious vegetables, fruits, herbs and spices of the same colour to provide important nutrients and they are quick and easy to prepare! Each contain 2 servings of fruits and vegetables.

Product Award Winners



✓ OCEAN SPRAY® CRAISINS®

Ocean Spray® Craisins® Sweetened Dried Cranberries are now available in a 100 Calorie Pack making it the perfect healthy snack choice to enjoy anytime...anywhere. Craisins® are fat free, a source of fibre and part of the Health Check™ program. Just 1/4 cup equals one serving of fruit according to Canada's Food Guide.

For more information on Craisins® visit www.oceanspray.ca



✓ LIPTON® WHITE TEA WITH BLUEBERRY & POMEGRANATE

Inspired by authentic tea markets from all over the globe, Lipton® invites you to try the delicious blended flavours of Lipton White Tea with Blueberry & Pomegranate. Crafted from long-leaf white tea, this bountiful mix of real pomegranates, apple, black currant, blueberry and raspberry fruit pieces are sure to help put you in a positive state of mind. Our pyramid-shaped transparent bags give Lipton White Tea with Blueberry & Pomegranate maximum room to infuse for the best possible aroma and flavour.

YOU COULD
WIN
A GIFT BASKET
CONTAINING ALL
THE 2009 BEST
NEW PRODUCTS!



VISIT METRONEWS.CA/BNPA
TO VIEW THE WINNING PRODUCTS
AND TO ENTER THE CONTEST!



BioBest
Vitalite

GLAD

Ocean Spray

Astro
BioBest
Smoothie

Blistex

green
works
Powerful cleaning, done naturally!

Lipton

Knorr

Dr. Oetker

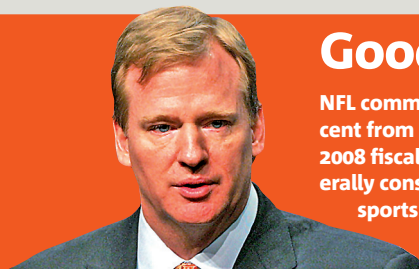
metro

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes April 27, 2009. Odds of winning depend on number of entries received. Ten prizes of the 34 Best New Product Award products will be awarded. Each prize is valued at approximately \$200 (CAD). For full contest rules and details, visit www.metronews.ca/bnps.

The New Jersey Devils moved Martin Brodeur off injured reserve yesterday, clearing the way for him to play his first hockey game in almost four months. Brodeur was told by the team he would be returning to the net tonight against Colorado. **METRO NEWS SERVICES**

Sports

EDITOR: JOHN.CHICK@METRONews.CA



Goodell takes big pay cut

NFL commissioner Roger Goodell voluntarily took a cut of 20 to 25 per cent from the \$11-million US salary and bonuses he was to receive in the 2008 fiscal year as a result of the reeling economy. The NFL, which is generally considered to be by far the wealthiest and most financially stable sports league in North America, reduced staff by 169 jobs — or 15 per cent of its workforce — in December. **METRO NEWS SERVICES**

Wings win heavyweight tilt

NHL RESULT

Sharks 1 Red Wings 4



Henrik Zetterberg had a pair of goals as the Detroit Red Wings halted the streaking San Jose Sharks with a 4-1 win at Joe Louis Arena.

With the win, the Red Wings now have 88 points, three behind Western Conference-leading San Jose.

Marian Hossa also scored, continuing his good play against the Sharks. He has scored in each of Detroit's four games against San Jose this season, and finished the season series with four goals and three assists. The

teams split the series with two regulation wins apiece.

Ville Leino scored for Detroit, which rebounded from a loss to Minnesota on Saturday to take its third win in four games. Ty Conklin made 34 saves in the for the victory.

Christian Ehrhoff had the lone goal for San Jose, which had its four-game win streak snapped. Evgeni Nabokov gave up all four goals on 33 shots in the loss.

Hossa got the Red Wings on the scoreboard first, 6:51 into the game. With Detroit on the power play, his shot from the right circle trickled in between Nabokov's pads.

Then, with time winding down in the first period, Kirk Maltby's shot from the right side got deflected



San Jose Sharks centre Joe Pavelski, middle, is checked against the boards between Detroit's Mikael Samuelsson, left, and Valtteri Filppula last night.

into the air. Leino was on the left side of the crease and batted it into the open net with 3:52 remaining.

The Sharks appeared to have a goal moments later, when a shot from in front

hit the right post, settled into the crease behind Conklin and went over the goal line. The on-ice official ruled it a goal, but a further review nullified it.

METRO NEWS SERVICES

Calgary earns a C

The much-anticipated Future Watch issue of The Hockey News hits newsstands next week and unfortunately for Calgary fans, it doesn't paint a pretty picture about the strength of the Flames' development system.

The issue profiles each of the Top 10 prospects for the 30 organizations and trumpets the Top 75 overall. A panel of 22 NHL scouts does that analysis.

Calgary has two prospects in the Top 75: 2007 first-rounder Mikael Backlund is No. 14 and 2008 first-rounder Greg Nemisz is No. 59.

Calgary's prospect report card grade is C, which ranks 26th. That's based on the Flames Top 10 prospects and their 21-and-under NHLers, of which Calgary has none.

The report card grade isn't as bad as it sounds. Future Watch has a handicapping system by which Calgary's selection position the past four drafts is taken into account.

The Flames have an average first pick of 25th overall since 2005 and that ranks 23rd in the league.

So Calgary's report card rank (26th) is subtracted from its average draft slot (23rd) for a minus-three difference from the norm.

Not great, but not terrible.

But it's no secret the Flames have struggled in the department of drafting talent and developing prospects.

The years with Al Coates as GM (1996-99) were lean. Derek Morris (13th) and

The Hockey News

Brian Costello



thehockeynews.com

Toni Lydman (89th) panned out in 1996, but only an under-achieving Oleg Saprykin (11th in '99) materialized out of 31 picks the next three drafts.

Craig Button came in with excellent scouting credentials, but his three drafting years were so-so. Jarret Stoll (46th) and Travis Moen (155th) from 2000 developed with other teams and Chuck Kobasew (14th in '01) and Eric Nystrom (10th in '02) made it, but with less impact than expected. David Moss (220th in '01) and Matthew Lombardi (90th in '02) were wins.

It's too early to fully assess the Darryl Sutter years, but after a good start (Dion Phaneuf, 9th in '03) there has been a lot of waiting.

Brandon Prust (70th in '04) and Dustin Boyd (98th in '04) look like decent role players, but successive first picks since 2004 have been slow to develop: Kris Chucko (24th in '04), Matt Pelech (26th in '05) and goalie project Leland Irving (26th in '06). Irving dropped out of last year's Top 75 list in Future Watch.

The Hockey News
thn.com

A-Rod homers as Yanks beat Jays

GRAPEFRUIT LEAGUE

Yankees 6 Blue Jays 1



Alex Rodriguez says he's been hit with derision from fans for over a decade now, so yesterday's light smattering of boos and one liners in his first game of spring training was "no big deal."

"I'm just so used to it;

it's been a decade going on now, so I felt relaxed out there and had fun," Rodriguez said after hitting a two-run homer to lead his Yankees to a 6-1 win over the Jays in Dunedin, Fla., yesterday in the Grapefruit League opener for both clubs.

Yesterday there was no questioning Rodriguez on the field. He took Jays rookie hopeful Ricky Romero deep on a 2-2 fastball in the fourth to put the Yanks up 3-1.

TORSTAR NEWS SERVICE

Focused Tiger returns to links

GOLF Tiger Woods made a triumphant return to the PGA Tour. Woods, making his hotly-anticipated PGA Tour comeback, charged two up after a birdie-eagle start before wrapping up his win on the 16th green. "I came out as if I had it and it felt good," Woods said after piling up two eagles, three birdies and three bogeys.

REUTERS

SCOREBOARD

	WESTERN CONFERENCE			
	W	L	OT	P
d-San Jose	41	9	9	91
d-Detroit	40	13	8	88
d-CALGARY	36	18	6	78
Chicago	34	17	8	76
Vancouver	30	22	8	68
Columbus	30	25	6	66
Minnesota	30	24	5	65
Dallas	29	23	7	65
Edmonton	30	25	5	65
Anaheim	30	27	5	65
Nashville	29	28	4	62
Los Angeles	26	25	9	61
St. Louis	26	26	8	60
Phoenix	27	29	5	59
Colorado	28	32	1	57

d-division leader

LAST NIGHT'S RESULTS

Toronto 2 N.Y. Rangers 1 (SO)
Detroit 4 San Jose 1
Philadelphia 2 Los Angeles 0
Pittsburgh 1 N.Y. Islanders 0

ACCESS LEGAL RESEARCH INC.

- CRIMINAL PARDON/U.S. WAIVER
- 24 HR CRIMINAL RECORD CHECK
- FINGERPRINTING
- LOW COST NO FAULT DIVORCE
- SMALL CLAIMS COURT TO 25K

CALL
403-228-2469



Expect MORE Expect WOW!

Who Do The World's Top Personal Trainers and People Like You Depend On For Their Dream Body?

WORLD PRO CHAMPION PAUL ANTHONY



"In only 3 months I lost 25lbs of fat and gained 9lbs of lean muscle."

Thank you Dreambody!

You've forever changed my life!"

SHANNON



BEFORE

AFTER

95% of Women either have cellulite or will eventually get it, and that's a guarantee.

Imagine having saddlebags and cottage cheese all over your legs for the rest of your life. It's not your fault. You can blame this one

on mother nature. Over the past twenty one years I've trained over thousands of women and people just like you and the results are the same. You use the tools and your dream body is guaranteed!

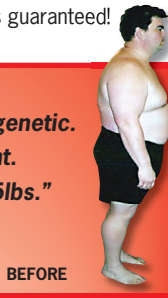


"Everyone told me my weight was genetic."

Now I know it was environment."

I changed my mindset and lost 175lbs."

ROBYN



AFTER

BEFORE

To receive your FREE training videos go to
www.dreambodyguaranteed.com

Your new adventure in life is about to begin!

Metro Homes

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA



A METRO JOINT VENTURE WITH:
NEW HOME | condo
living
 HOMES • DESIGN • DÉCOR

Watching our waste within reach

L. SARA BYSTERVELD
 for Source Media Group



A lot goes into a new subdivision, a new home, or a renovation. But what about the bits and pieces that don't make the cut? Everything from drywall to wood to scrap metal and assorted fixtures are sent to the dump in large quantities from most building sites. Add to that bricks and stone, appliances, windows and more from demolitions and renovations and it's easy to see that the construction industry contributes to the landfill in a big way.

"Anywhere from 65 to 75 per cent of construction waste is recyclable, and maybe five per cent is being recycled," says Michael Stevens, vice-president of

operations for Smart Site Job Site Services and Management.

Michael and his brother Rob Stevens, president of Smart Site, are working to redirect this waste stream into recycling and reuse. They say changes to tipping fees at the landfill, as well as the always-changing world of recycling, should give a boost to the idea of watching waste more carefully on the construction site.

The main obstacle keeping builders and contractors from watching their waste, say the brothers, is the handling of waste on-site. "Double handling kills," says Rob. "We get a lot of sites where either the trades aren't buying into what you're doing or you're not thinking through the process. When you've got a

lot of double handling you start to get mixing of the products, and it's all downhill from there."

If a builder doesn't properly plan for recycling in advance, then workers end up tossing materials in the wrong bins or bins are not properly provided — and once materials are mixed (metal in with wood in with — worst of all — glass, and so on) it's all over. Recycling a variety of materials can also mean trucks in and out of the site, which translates into higher costs, damage to the site and a larger carbon footprint.

Smart Site addresses these issues by sending only one truck in to pick up all the materials, and making it fast and easy for workers to sort the materials in the first place.

"For us it's all about mak-

ing sure that the path is easy and clear, because the trades are like water, they like the path of least resistance," says Rob. "If you can make it easy, you get a much better buy-in."

Does it cost more to be eco-friendly in the building industry? A little, but this cost will soon be offset somewhat by higher tipping fees at the dump. On one project the company has worked on, Calgary's Heritage Pointe, a ranch was dismantled before the community went up. Smart Site recycled 88 per cent of the ranch buildings, sending only 85 tonnes of waste to the landfill, compared to the 600 tonnes that were kept out. All of this only cost the developer about 10 to 15 per cent more, which will soon be offset by tipping fees.

EDITED BY METRO



Recycling this ranch, rather than junking it, when a new community was built kept 600 tonnes of waste out of the landfills.

SOURCE MEDIA GROUP

100% FINANCING STILL AVAILABLE UNTIL APRIL 30th, 2009

One Alberta regulated lender is still offering 100% financing at discounted mortgage rates. 100% financing 5-year rate at 4.9%.



Strong credit and income is required. Call for pre-approval 403.466.5363



Layne Walters
 Your Mortgage Team

Rates subject to change. O.A.C.E. & O.E.



403.466.5363 • layne@YourMortgageTeam.ca

SHAW'S HOME PHONE SERVICE

THE BETTER HOME PHONE EXPERIENCE.

Shaw's home phone service is like the home phone service you already have — only better. Your low monthly rate includes no charge directory assistance (411) for numbers in Canada and the U.S., operator assistance and the reassurance of Enhanced 911, which instantly displays your street address to the emergency operator.

CHOOSE THE PLAN THAT'S RIGHT FOR YOU.

SHAW DIGITAL PHONE BASIC

Shaw Digital Phone Basic is the best priced home phone plan, backed by Shaw reliability and service. It includes

- > Local phone service.
- > Call Display.
- > Add both Voicemail and Call Waiting for \$5.95 per month.

In addition you will have access to:

- > Anytime calling at 4¢ per minute within Canada and to the U.S. and to 50 countries in the U.K., Europe, Asia Pacific and South America.** For more International calling rates visit SHAW.CA

FROM **\$20⁹⁵** PER MONTH
 FIRST 30 DAYS ON US!

SHAW DIGITAL PHONE LITE

Shaw Digital Phone Lite is designed specifically for light long distance users. It includes:

- > Local phone service.
- > Call Display, Call Forward, 3-way Calling and Call Return.
- > Add both Voicemail and Call Waiting for only \$5.95 per month.
- > Anytime calling at 4¢ per minute within Canada and to the U.S. and to 50 countries in the U.K., Europe, Asia Pacific and South America.**

FROM **\$29⁹⁵** PER MONTH
 FIRST 30 DAYS ON US!

SHAW DIGITAL PHONE

If you make a lot of long distance calls, **Shaw Digital Phone** is for you. It includes:

- > Local phone service.
- > One Distinctive Ring number, Voicemail, Call Display, Call Waiting, Call Forward, 3-way Calling and Call Return.
- > Unlimited long distance calling within Canada and the U.S., day or night 24/7/365.
- > 1000 minutes per month of international calling to 50 countries in the U.K., Europe, Asia Pacific and South America.**

FROM **\$55⁰⁰** PER MONTH
 FIRST 30 DAYS ON US!

To book your complimentary installation

CALL **310.SHAW (7429)** or to learn more VISIT **SHAW.CA**

24/7/365 SERVICE

SHAW
 PEOPLE POWERED

*Sign up by April 30, 2009 and receive the first 30 days of service at no charge. Regular monthly rates apply after promotional period. This offer applies to new customers who have not been a Shaw home phone service customer within the past 60 days and excludes secondary phone lines, long-distance charges and additional calling features. Offer subject to change without notice. Shaw Digital Phone is \$55 per month when bundled with an additional Shaw service, and \$65 per month as a standalone service. Shaw Digital Phone Lite is \$29.95 per month when bundled with an additional Shaw service, and \$34.95 per month as a standalone service. Shaw Digital Phone Basic is \$20.95 per month when bundled with an additional Shaw service and \$25.95 per month as a standalone service. Offer subject to change without notice. †Applicable with Shaw Digital Phone and Shaw Digital Phone Lite packages. See SHAW.CA for more details. **Shaw Digital Phone Basic and Lite long-distance rate of 4¢ per minute is limited to calls within Canada and the U.S. and the 50 specified Shaw International calling destinations. Shaw Digital Phone unlimited long-distance calling within Canada and the U.S. is intended for residential calling only. Chat lines, data, fax, commercial use and/or long-distance calls made using call forwarding and 3-way calling are prohibited. Shaw Digital Phone includes 1,000 minutes of international calling per month limited to the 50 destinations specified on SHAW.CA. International calls placed outside of the Shaw International 50 calling destinations are subject to regular Shaw International Direct per-minute calling rates. Other conditions apply. Visit SHAW.CA for more details. Offer and long-distance rates subject to change without notice. Telephone number porting is available in most areas. Shaw services are subject to our terms of use as occasionally amended.

Most stores offer paper bags for loose mushrooms. Refrigerate mushrooms in paper bags to allow mushrooms to breathe, rather than a plastic bag which accelerates deterioration. **METRO NEWS SERVICES**

Food

Long touted as a super food in Asian culture, mushrooms are becoming the focus of scientific studies exploring their health benefits.

Barb Holland/for Metro Canada



Munch on this

Fresh mushrooms contain antioxidants, cancer-fighting nutrients, both soluble and insoluble fibre, and are a good source of riboflavin and other minerals.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Get hungry for some fungi

À la carte

Barb Holland

Metro Food Writer



Locally grown and readily available year-round, we often take this all-season vegetable for granted.

According to **Mushrooms Canada** (mushrooms.ca), the total mushroom production in Canada is a staggering 105 million kg. White and brown (Crimini and Portabella) make up 90 per cent of the mushroom crop in Canada, the remaining 10 per cent are specialty mushrooms such as

shiitake, oyster, King oyster and enoki.

Mushrooms vary in shape, size, texture and flavour and are much more than a pizza topping.

Asian Chicken Noodle Soup

This colourful and oh-so-healthy recipe, from Foodland Ontario, features Shiitake mushrooms. Serve it when feeling a little under the weather or need an immune-enhancing boost. Provide garnishes of green onions, coriander leaves and kick-it-up chili garlic sauce to put in the bottom of deep soup bowls before ladling in soup. Serve with both a spoon and fork (or chopsticks if you're dexterous). Makes about 10 cups/2.5 L, 4 servings.



Asian Chicken Noodle Soup.

INGREDIENTS:

- 2 boneless, skinless chicken thighs, fat removed and thinly sliced
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tbsp (15 ml) minced fresh ginger
- 1 red pepper, cut into fine matchstick pieces
- 2 carrots, cut into fine matchstick pieces
- 2 cups (500 ml) thinly sliced Shitake or crimini mushrooms (remove stems from Shitakes)
- 3 oz (90 g) spaghetti, broken into 4ths (about 1 cup/250 ml) or other thin noodle
- 8 cups (2 l) chicken broth, preferably sodium reduced
- 2 tbsp (30 ml) soy sauce

- Garnishes:
- 6 green onions, thinly sliced on diagonal
- Fresh coriander leaves, about ½ cup (125 ml)
- Asian chili garlic sauce, about ⅓ cup (75 ml)

METHOD:

In a large saucepan, combine chicken, onion, garlic, ginger, pepper, carrots, mushrooms, noodles and chicken broth. Cover and bring to a boil over high heat. Reduce heat and simmer, covered, until chicken, vegetables and noodles are tender, 8 to 10 minutes. Remove any foam that forms on sides of pan during cooking with a rubber spatula. Remove soup from heat and stir in soy sauce. Place green onions, coriander leaves and chili garlic sauce in separate

Riding the Recession

Meals for a steal

Tubby Dog
1022 17 Avenue SW
(403) 244-0694

Everything you can think of as a topping — and then some you can't — comes on these hot dogs. Known for their uniqueness, (you can get a peanut butter and jam hot dog, even) many flock to this '50s diner-style hot dog shop with prices ranging from \$5.50 to \$9.50.

bowls. Let everyone put their choice of garnishes in their soup bowl. Ladle soup into bowls, adding more garnishes as desired.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

JUGO JUICE

{ CHEERS TO 10 YEARS! }



Blue BAYOU

BLUEBERRIES, BANANA,
APPLE JUICE & LOW-FAT YOGURT

Jugo Juice® is 10 years old! In honour of this milestone we're 'going retro' bringing back some of your feature smoothie faves.



HEALTHY EATING NEVER GETS OLD. START THE YEAR OFF RIGHT WITH A JUGO JUICE SMOOTHIE!

*AVAILABLE AT ALL CALGARY JUGO JUICE LOCATIONS FOR A LIMITED TIME.

jugojuice.com



[yellow tail] joins in Breast Cancer battle

The Weekend to End Breast Cancer is raising a glass as it announces [yellow tail] Wines as the official wine sponsor for their events across Canada. Events will take place in Vancouver, Edmonton, Calgary, Toronto, Ottawa and Montreal. To register or to find an event near you, visit endcancer.ca. **METRO NEWS SERVICES**

food **17**Liquid**Assets**
Peter Rockwell
liquidassets@eastlink.ca
Thrifty thirst

Forget about country, region, producer or even grape variety; if my email inbox is any indication when it comes to wine, the only thing many of you are interested in during these turbulent times is something to sip on that doesn't drain what's left in your bank accounts.

Blame the economy. As it flounders in a sea of uncertainty even some of the up-pity snobs I know (those that usually wouldn't dirty their glass with the likes of a simple quaffing wine) have taken to scanning liquor store shelves in hopes of finding a recession-friendly tippie. Most have discovered that South America is the liquid oasis for those as thrifty as they are thirsty.

As the globe's fifth largest wine producer, value-priced juice is oozing out of Argentina — especially from its major players like **Bodegas Trapiche**. Its **Astica (\$7.45 - \$9.00)** line is a constant winner with both the **2007 Sauvignon Blanc Semillon** and **2007 Merlot Malbec** solid, food-friendly easy-drinkers.

When it comes to bang for your buck **Concha y Toro's 1500 ml Frontera (\$14.95 - \$17.56)** Cabernet Sauvignon Merlot and Sauvignon Blanc from neighbouring Chile are hard to beat if you're looking to trade down without sacrificing flavour.

Prices reflect the range across the country. Some products may not be available in all provinces.

**Riding the Recession**

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



For lunch, I chose the Platter for \$7.99.

A bit sloppy but Taco Del Mar satisfies

Lunch**Rush**
Carla Ciccone

Taco Del Mar
Fifth Ave. Place
420 2nd St. SW
Unit 203
(403) 514-0911

Hours of operation: Mon - Fri, 10:30 a.m. - 3:30 p.m.

Rating: ⓈⓈⓈ

Price range: \$

Reservations: No

Client negotiations: No

Lunch w/co-workers: Yes

Social Lunch: Yes

Quick solo lunch: Yes

Time in: 12:00 p.m.

Ordered: 12:10 p.m.

Food arrived: 12:15 p.m.

Time out: 12:40 p.m.

Total time: 40 minutes

Low \$: Chips and Salsa, \$1.99

High \$: Platter, \$7.99

Lunch menu: Main menu

Licensed: Yes

Finding good, fast Mexican food for reasonable prices can be a difficult thing in Calgary. However, Taco Del Mar has helped quell Calgary's hunger for a quickly made Mexican meal that won't put a dent in the ol'wallet. A big step up in quality from massive chains like Taco Time and Taco Bell, Del Mar offers a more authentically Mexican type of fast food.

Decorated like a California beach bar, Taco Del Mar, or Taco of the Sea, is much more Cal-Mex than TexMex. The California beach vibe thrives on the inside of this small eatery, with pictures of surfboards, palm trees and surfers adorning the green walls, alongside pictures of some of the food items on

the menu.

Taco Del Mar features large hand rolled burritos and tacos with fresh fixings. Although the freshness leaves something to be desired, it is still decent. The way in which my meal was put together lacked finesse but still tasted good. Nevertheless, for a fast food-style Mexican joint in the prairies of Alberta, it's pretty darn good.

For lunch, I chose the Platter for \$7.99 because of its mix and match options. I picked enchiladas, a taco, refried beans and rice. It was both flavourful and colourful, but it could have been a bit warmer. Extra sour cream and guacamole is \$1.99, but is worth every penny. The guacamole is seasoned to perfection and has just the right amount of cilantro and lime. For my meat filler, I chose the braised chicken to go in both my enchilada and taco, but other meat options include: Ground beef, seasoned pork, carne asada steak, shredded beef and Alaskan fish. Other food items available are Mondo Burritos, Taco Salad and Quesadillas, and combos.

The concept of Taco Del Mar, when it was started in Seattle as an homage to surfing, Baja life and beach culture — with fresh food and traditional flavours in mind — is a great one. However, as so often happens in franchising, some of the original fire is gone from Del Mar's belly and without keeping freshness and quality in check, it risks becoming a glorified Taco Bell.

Taco Del Mar is a hopping lunch joint and the lineup that nearly leads out the door indicates that people are quite happy to have a taste of Californian-style Mexican food in Calgary.

If only life were so simple ...

Get ready to create more than 330 meals using only five ingredients ... or less. Quick and easy to make, this new must-have cookbook by Reader's Digest Books is bursting with dishes over a massive 704 pages — from appetizers to main courses, and even desserts. Metro snagged these two simple recipes from **Just 5 Things**:



Greek soldiers would place all the ingredients in a dish and bury it over hot embers in the ground. No enticing food smells would emerge to let the enemy know their position. Serves 4.



Chocolate and Hazelnut Pots
Serves 4.

INGREDIENTS:

- 8 lamb chops, cut about ½ inch (1.5 cm) thick
- 12 shallots, unpeeled
- 2 cups (500 ml) dry white wine
- Finely shredded zest and juice of 2 lemons
- 3 tablespoons fresh oregano leaves

METHOD:

Preheat the oven to 300°F (150°C/gas 2). Put all the ingredients in a large baking dish. Cover with aluminum foil. Bake for about 2 hours, until the lamb is tender.

Remove from the oven. Pour the liquid into a small saucepan. Bring to a boil over high heat and cook until reduced by half. Arrange the lamb and shallots in individual serving bowls. Pour the cooking liquid into the bowls and serve hot.

INGREDIENTS:

- 4 ounces (125 g) semisweet or dark chocolate
- ¾ cup (180 ml) heavy (double) cream
- ½ cup (50 g) roasted and coarsely chopped hazelnuts
- 1 teaspoon vanilla extract (essence)
- 1 cup (250 g) fresh strawberries, sliced

METHOD:

Melt the chocolate in a double boiler over barely simmering water. Transfer to a large bowl and let cool slightly. Use a large rubber spatula to mix the cream, hazelnuts, and vanilla into the melted chocolate. Pour the mixture evenly into four serving dishes.

Cover with plastic wrap (cling film) and chill for 15 minutes. Serve with the sliced strawberries.

double dinner deal

2 ENTRÉES **PLUS** 1 DESSERT
FOR ONE GREAT PRICE...



\$22

We've specially selected five great dinner items for the return of a long-time, money-saving abc Country favourite. Join us Sunday to Thursday after 4pm, choose two entrées and enjoy our famous Hot Fudge Mt. Baker to share at no extra charge!



CALGARY:
Douglasglan
11520 - 24th Street S.E.
(403) 720-6600

www.abcCountry.ca

British actress Sienna Miller and her designer sister Savannah showed off a sparkling line of clothes for the catwalk debut of their Twenty8Twelve label at London Fashion Week late on Sunday. The collection included mini skirts, spray on denim and biker jackets. **REUTERS**

Style



Coco steps into interviewer role

That Coco Rocha is one smart cookie. The flame-haired 20-year-old Canadian model, who has been tearing up the runways and is a fixture in major fashion magazines, has taken a break from strutting the catwalk this week. Instead, mike in hand and trailing a camera crew, Rocha has been seen conducting television interviews. She is producing an hour-long show on models for E! It's never too soon for a model to start diversifying her career – especially in this tumultuous economy.

TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Positively fashionable

London Fashion Week collections showcased a stream of optimism

KENYA HUNT
Metro World News



It began in New York with neon bright colors and boldly glamorous looks, but London kicked the fall 2009 fashion week season's defiantly upbeat energy up a notch.

The city's shorter (only four days long) week had an electric, dare we say, celebratory vibe to it that made a great antidote to increasingly dismal financial headlines. "I've had some really great nights out this week. People are really happy and high-spirited and it makes the fashion stronger," says

Markus Lupfer, the designer behind Armand Basi One.

Meanwhile, Osman Yousefzada jokes, "What recession?" John Rocha, who has weathered several economic downturns says that he's feeling more optimistic about the new Obama administration. But Lupfer attributes London Fashion Week's strong note to the fact that its designers already know how to wow on little funds. "London's fashion market isn't as big business as it is in New York, Paris, or even Milan. We've always had less money. It's nothing new to have no money and to find a new

way to do a collection without spending millions," he adds.

Here are some highlights from the past week:

ARMAND BASI ONE

Plays on volume in a monotone palette of black and gray were the dominant ideas here from billowing button-down shirts with dolman sleeves and the lowest drop-crotch harem pants. Mix in high waist lines, architectural shapes and broad shoulders and you've got a challenging collection to say the least. But one doesn't come to London for the "sellable."

OSMAN YOUSEFZADA

The designer sought inspiration from Blade Runner, which surfaced in the collection's futurist undertones. Standouts were his clean, minimalist dresses such as a beige long-sleeve dress with a pleated skirt. His trousers, which usually came high-waisted, cropped with wide-legs, were a bit of a harder sell.

AQUASCUTUM

The 155-year-old classic British brand continued fall's obsession with fur, using it as shoulder accents on sophisticated coats and dresses. The color red, another big idea for the season, surfaced later in the show with a houndstooth suit, dresses and separates that will probably appeal more to twenty-and-thirtysomethings.

LUELLA BARTLEY

Bob Geldof and daughter Peaches sat front row while her sister Pixie walked the runway in a flirty, punky strapless number worn over a textured long sleeve Tee. The celebrity cameo aside, the real standouts came in a series of more tailored looks in chocolate brown, metallic gold and black such as an easy, A-line skirt paired with a navy cardigan featuring Luella's trademark polka dots.



PHOTOS ON THIS PAGE: GETTY IMAGES

Trends from Fashion Week in London

KENYA HUNT
Metro World News



Futurism:

Topshop Unique, Osman Yousefzada (pictured)



A return to the '80s:

Armand Basi One (pictured), PPQ.



Bright colors:

Nicole Farhi, House of Holland (pictured), Charles Anastase, Kinder Aggugini.



Bold stripes and plaids:

Christopher Kane, PPQ, Vivienne Westwood (pictured), Nicole Farhi



STRIDE SHOES
endless comfort
timeless style

Kensington
1113 Kensington Rd NW
ph. 403.283.6174

FINAL WEEKEND
15th Anniversary Sale

HURRY IN FOR NEVER
BEFORE SEEN PRICES
50% - 70%
all fall and 08
summer items

www.strideshoes.ca

London Fashion Week kicked off last Friday with no sign of the recession in sight. The Luella Bartley 2009 fall collection, left, featured well-tailored looks like this metallic gold A-line skirt paired with a navy cardigan and Luella's trademark polka dots.

Twilight hits stores on March 21

The DVD of the hit film Twilight will arrive in stores on March 21. The DVD will include extended scenes, audio commentary by director Catherine Hardwicke, Kristen Stewart and Robert Pattinson, plus music videos from Muse, Paramore and Linkin Park. METRO NEWS SERVICES

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



Ladies turn Page

Steven Page has left The Barenaked Ladies after more than 20 years. Page is parting company with the remaining members in order to pursue solo projects.

MSN.COM

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Masterful return of K'naan

K'naan

Album: Troubadour

Label: A&M/Universal

Rating: ●●●●●

IF THERE'S ANY doubt about which North American country can lay claim to having the best rappers around, just listen to K'naan's new record and you'll see that Canada wins. Somalia-born, Toronto-based wordsmith Kanaan Warsame's sophomore effort delivers a masterful record of rap, rock, reggae and everything in between. It's loaded with contagious hooks (I Come Prepared), anthemic arena-ready hip hop (ABCs) and even a scorching guitar solo by Metallica's Kirk Hammett on If Rap Gets Jealous. With such a strong follow-up effort such as this, it's only a matter of time until the U.S. hands Canada the hip hop crown.



DD/MM/YYYY

Album: Black Square

Label: We Are Busy Bodies

Rating: ●●●●

TORONTO'S DD/MM/YYYY MIGHT have turned some people off with their rambling sophomore disc Are They Masks?, but hopefully those disillusioned fans will give these guys another chance. Their latest is nearly as wacky and experimental as previous efforts, but it's more grounded in actual songwriting. That's not to say there are standard choruses and verses, but each song does have an accessible theme that anyone can follow. Fortunately, the



K'naan's sophomore album Troubadour delivers a masterful blend of rap, rock, reggae and everything in between.

group continues to blast as much noise as possible, with fast fingered riffs and blazing synths leading the way. Easily one of the best experimental noise records this year.

Bryan Borzykowski/for Metro Canada

Bell X1

Album: Blue Lights on the Runway

Label: Yep Roc/Outside

Rating: ●●●

IT'S HARD TO understand why Irish trio Bell X1 have a diehard following. Their middling rock calls to mind a less mainstream Coldplay or a Radiohead without all the good stuff. Their new disc is definitely an improvement over the banal Flock, but it's not much better. Sweeping electro sounds, high pitched vocals and a mundane keyboard jam on Amelia offer nothing new to Brit-ob-



MusicReviews

music@metronews.ca

More online



Read our reviews of Howie Beck and The Road Hammers at metronews.ca/music.

sessed music fans. They're definitely better and more indie sounding than the Fray or even Chris Martin and Co., but that's not saying much.

Bryan Borzykowski/for Metro Canada

Listen to this week's reviewed music by following links at metronews.ca/music

Gentleman Reg

Album: Jet Black

Label: Arts & Crafts

Rating: ●●●●

THE UBER-COOL folks at Arts & Crafts got themselves a hipster with pedigree when they signed Gentleman Reg (a.k.a. Reg Vermue). He's been a regular with The Hidden Cameras, and has strong ties to indie rock stars The Constantines. On Jet Black, Reg delivers his most accessible music yet. The album starts out strong with the thumping T-Rexish rock of Coastline sweeping into the up-tempo beat and ornamental guitars of To Some It Comes Easy. How can you go wrong with a chorus of "in time I'm going to drink myself into a nursery rhyme?" Reg delivers the knockout punch on track three, playfully partying down with You Can't Get It Back. After that, however, the album proves uneven, at best, with Reg's lisping vocal delivery keeping him firmly on the fringe. At times, it can be alluring. At others, simply annoying.



Graham Rockingham/for Metro Canada

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/26/09	267	351	- ACCESS	Truth, Duty, Valour	Wife Swap (N)		Eleventh Hour "Electro"		(10:02) Private Practice	Truth, Duty	
	243	317	3 CFCN	etalk	Hollywood	ER "T-Minus-6" (N)	American Idol (HDTV)		CSI: Crime Scene Invstgtn.	News (N)	
	-	-	4 OMNI	Two/Half Men	The Simpsons	News	News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (N)	Grey's Anatomy		Practice
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Doc Zone A man searches for his biological father. (N)			CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	The Unit	Survivor: Tocantins (N)		The Office	Kink in Hair	News Hour
	246	-	8 CKAL	Law & Order: SVU		Hell's Kitchen (PA) (N)	Ugly Betty (N)		30 Rock	30 Rock	Your City
	119	705	9 CBXFT	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)	M pour musique (HDTV) (SC)		Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming					Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors (N)	Survivor: Tocantins		CSI: Crime Scene Invstgtn.		Eleventh Hour
pruntime	-	374	14 KSPS	NewsHour With Jim Lehrer		Stevie Wonder-White House	Poirot "The Dream"		New Tricks "Nine Lives"		Fats Domino
	502	390	15 CBC	CBC News: The National		The Nature of Things	CBC News: The National		CBC News: The National		Nature-Things
	-	370	16 KHQ	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Furious Five	Kath & Kim (N)	The Office	30 Rock
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV)		Hell's Kitchen (PA) (N)	News (N)
	297	652	37 WPIX	Supernatural (HDTV)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim
	500	500	29 CNN	CNN Presents: Black		Anderson Cooper 360 (HDTV)				Larry King Live	Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace	Showbiz Tonight			Lou Dobbs Tonight	Nancy Grace
	400	400	21 TSN	Poker	Curling 2009 Scotties Tournament of Hearts -- Draw 17.	(HDTV) From Victoria, B.C. (Live)			SportsCentre		Poker Night
	408	418	27 net	NHL Hockey Columbus Blue Jackets at Edmonton Oilers. (HDTV) (Live)			Sportsnet Con.	Sportsnet Connected			Oilers in Hour
	410	403	30 SCORE	NBA Basketball: Cavaliers at Rockets		Score Tonight	Hardcore Hockey Talk		Final Score		Final Score
news	411	457	44 OLN	Mantracker	Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter
	417	406	48 SPEED	Bullrun (HDTV)		Bullrun (HDTV) (N)	Pimp My Ride	Pass Time	Pinks -- All Out		Bullrun (HDTV)
	552	543	20 YTV	Drake & Josh	iCarly	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Zixx Level	Prank Patrol
	557	541	39 FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	V for Vendetta (2006)
	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Coyote Ugly	Coyote Ugly	Home Improve.	Home Improve.
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer
	-	-	18 CHTV	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	Time and Again (2007, Drama)	Brooke Burns.		News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two			
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House
family	521	560	24 TLC	Street Customs (N)		Hell-Loggers (HDTV) (N)		Street Customs (HDTV)		Hell-Loggers (HDTV)	Overhaul'n
	603	561	25 FOOD	Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes	Ace of Cakes	Challenge Candy castles.	Unwrapped
	615	520	26 A&E	The First 48 (HDTV) (N)		The Beast "Capone" (N)		The Beast "Capone"		The First 48 (HDTV)	The First 48
	617	522	32 SHOW	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park
	601	562	33 SLICE	Last 10	Last 10	The Biggest Loser		ET Canada	Matchmaker	The Biggest Loser	Trading Sp
	-	633	34 ENC2	(7:05) Karmina ** (1996, Comedy)		Isabelle Cyr.		The Exorcist: The Version You've Never Seen (1973, Horror)			Exorcist II
	520	505	35 DISC	MythBusters		MythBusters		Daily Planet		Deadliest Catch	MythBusters
	620	523	36 BRAVO	The Last Mogul: The Life and Times of Lew Wasserman				Law & Order		Without a Trace	Till Human
	294	650	40 WPCH	Friends		Orange County ** (2002, Comedy)		Family Guy		Family Guy	Seinfeld
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park
cable variety	-	539	42 TCM	(6) The African Queen		A River Runs Through It *** (1992, Drama), Brad Pitt				(10:15) Chinatown (1974, Crime Drama)	
	628	584	43 SPIKE	TNA iMPACT! (HDTV) (N)				CSI: Crime Scene Invstgtn.		MANswers	MANswers
	522	516	45 HIST	Deep Wreck Mysteries		NCIS "Eye Spy"		Dogfights		Deep Wreck Mysteries	NCIS
	627	528	46 SPACE	Star Trek: Voyager		Chuck (HDTV)		Stargate SG-1		Star Trek: Next Gener.	Trek: Voyager
	-	-	47 AMC	(6) Sudden Impact (1983)		(8:15) Sudden Impact ** (1983, Crime Drama) Clint Eastwood, Pat Hingle.				Death Wish II * (1982)	
	619	525	49 TROP	What Happen?	What Happen?	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond
	600	564	50 HGTV	The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes on Homes		The Fix	Disaster DIY
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News
	526	507	92 VIVA	The West Wing		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy	Commander

critics'corner

Resident Evil: Apocalypse
No one seriously expects much out of a movie based on a best-selling video game, but not even the gameboyz who turned the original "Resident Evil" into a modest box-office hit will find much to enjoy in this 2004 sequel, which doesn't even try to sustain a coherent story line or engaging characters. It's all just mindless, redundant violence, and not even creative violence at that. Not even action babes Milla Jovovich and Sienna Guillory can stir up much excitement. 11 PM on SHOW



Hell's Kitchen
Insert your own "egg on their faces" joke here. In this new episode, the chefs must feed breakfast to 50 hungry members of a youth football and cheerleading program. That's challenging enough even without ingredient issues, but when one team runs out of eggs, things get really interesting. And by "interesting" we mean "disastrous." 8 PM on CKAL



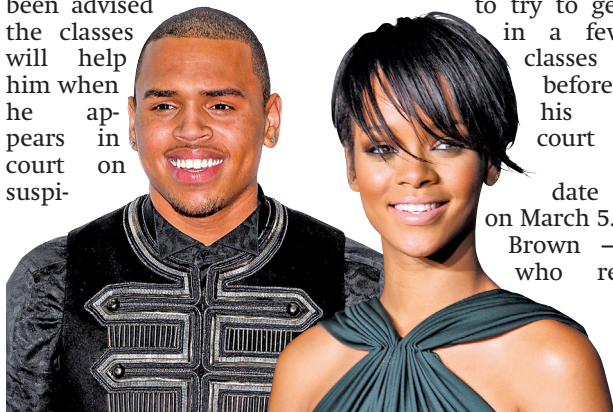
Art seems to imitates life on the set of True Blood, usmagazine.com reports. Anna Paquin and Stephen Moyer — who are romantically linked on the HBO vampire series — are a couple off screen as well. “We are together,” Moyer told TV Guide Magazine. **METRO NEWS SERVICES**

Celebrity Buzz

Brown in anger management classes?

LEGAL Chris Brown is taking anger management lessons, femalefirst.co.uk alleges.

The Run It singer, who allegedly beat up his girlfriend Rihanna earlier this month, has reportedly been advised the classes will help him when he appears in court on suspi-



cion of making criminal threats next month, the website reports.

A source said: “Chris doesn’t actually have to go by law, but he believes it will make him look better to the public, and he wants to try to get in a few classes before his court date on March 5.”

Brown — who re-

cently released a statement saying he was “sorry and saddened over what transpired” — is believed to have attended his first class in California on Monday.

It has also been claimed 21-year-old Rihanna has a bad temper and the pair had several heated arguments before the incident in Brown’s car on Feb. 7, the website alleges.

The source added to the New York Daily News newspaper: “Rihanna is temperamental, too. They’re both too hot-headed for their own good.”

“It didn’t

help that Rihanna grabbed the keys out of his rented Lamborghini and threw them down the street. She knew it would really infuriate Chris, and it worked.”

It is believed the Barbados-born beauty will be required to appear at her estranged lover’s court trial, forcing the pair to see each other for the first time since Chris was arrested.

The source explained: “Rihanna will be there, she has to testify. If Chris is convicted, it would be his first offence. He won’t go to prison.”

METRO NEWS SERVICES

legedly drove away without stopping, the website adds.

Ghalib was slapped Tuesday with three felony charges of assault with a deadly weapon, hit-and-run and battery, all worth up to seven years in prison if convicted. The charges include special allegations: Use of a deadly weapon — a car — and great bodily injury. Prosecutors are asking bail be set at \$110,000.

According to L.A. prosecutors, the victim was serving a temporary restraining order, obtained by Spears’ father, at Adnan Ghalib’s apartment complex in Encino on Feb. 11 when Ghalib got into his Mercedes and drove it toward the victim. To avoid being pinned against a trash truck, the victim jumped on the hood and hung on as the car swerved, eventually falling off and breaking his wrist, among other injuries, the district attorney alleges. Ghalib al-

Brit’s ex charged in hit and run

LEGAL An arrest warrant has been issued for Britney Spears’ paparazzo ex-boyfriend to face felony charges of trying to avoid a process server — with the help of some German engineering, people.com reports.

According to L.A. prosecutors, the victim was serving a temporary restraining order, obtained by Spears’ father, at Adnan Ghalib’s apartment complex in Encino on Feb. 11 when Ghalib got into his Mercedes and drove it toward the victim. To avoid being pinned against a trash truck, the victim jumped on the hood and hung on as the car swerved, eventually falling off and breaking his wrist, among other injuries, the district attorney alleges. Ghalib al-

legally drove away without stopping, the website adds.

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Rosie on menopause, Madonna and beer

PEOPLE Rosie O’Donnell has been emailing back and forth with Madonna about menopause, she reveals in an interview on The Tyra Banks Show to air today and tomorrow, usmagazine.com reports.

“(Madonna’s) great, she’s a lot like a big sister,” O’Donnell says. “When I started having my hormone things, I’m like, ‘What the hell is going on?’ she’s like, ‘Get the cream.’”

The for-



mer View host doesn’t hold anything back when talking about her body.

“Well let me tell you one thing, Tyra: I am about to be 47 next month and Aunt Flow has not shown up for nine months,” she says.

Other changes in O’Donnell’s life? She’s given up booze. “I stopped drinking on Dec. 1. It has not been easy,” she admits. “On Nov. 29, I was with my son, who is now 13,

and I said to him, ‘Park, can you get me a beer?’” she says. “And he said, ‘No I don’t want to.’ And I said, ‘Really why not?’ And he says, ‘Because you know what, I think you drink too much beer ... Lately I think it’s too much.’”

METRO NEWS SERVICES

you could **WIN** A DOUBLE PASS TO AN ADVANCE SCREENING OF **WATCHMEN** In theatres 03.06.09

You could also **WIN** the Grand Prize of an iPod Touch or cool WATCHMEN swag bags!

Visit **metronews.ca** and enter for your chance to win!

For full contest rules and details, visit www.metronews.ca.

metro



Jonas Bros. love Rick, Prince

PEOPLE The Jonas Brothers are obsessed with Rick Astley, femalefirst.co.uk reports.

The musical trio are big fans of the ‘80s British singer and regularly cover his most famous hit.

Kevin Jonas said: “A big one for us that we sing all

the time is Rick Astley’s Never Gonna Give You Up. Have you ever seen him, by the way? His voice does not match his body.”

The band — which also features Nick and Joe — also revealed they are desperate to win a Grammy Award and dream of touring with Purple Rain singer Prince.

Kevin added: “I think to perform with Prince would be incredible. I think that would be one of the best things of all time.”

METRO NEWS SERVICES



Marilyn and Evan back on?

RELATIONSHIP Marilyn Manson and ex-girlfriend Evan Rachel Wood have sparked speculation their relationship is back on after the two were allegedly seen leaving a hotel in Los Angeles hours before Wood was to appear at the Oscars. The rocker reportedly called the actress his “girlfriend” before the two climbed into a car together, femalefirst.co.uk reports.



Bacon is Julia’s biggest vice

PEOPLE Like many people, actress Julia Louis-Dreyfus admits she struggles when it comes to maintaining her weight, people.com reports.

“I have to work at not being fat,” the former Seinfeld star, 48, tells Shape.

Balance between indul-



gence and discipline helps her stay slim — and sane.

She admits to keeping a stash of chocolate in her desk, and says “My biggest food vice is bacon ... In fact, I don’t keep bacon in my house — that would be way too tempting.”

METRO NEWS SERVICES

Must love shoes: Keira

PEOPLE Keira Knightley is attracted to men with good shoes, femalefirst.co.uk reports.

The Duchess star, who has been dating actor Rupert Friend for three years, said: “I go for someone who is

a little brooding and some-body you can have a good conversation with, a good fight with, who will always keep you guessing and make you laugh. And he has to have good shoes.”

METRO NEWS SERVICES



Anne and Jen’s war of words

FEUD Looks like a little quip may have gotten Anne Hathaway a new nemesis: The Rachel Getting Married star was overheard joking to friends, “I’m like Jennifer Aniston. I pick the wrong guys,” according to the National Enquirer.

When word got back to Aniston about it, she was reportedly less than pleased: “Say what you like ... I’ve never dated con men or criminals,” Aniston is said to have said, referring to Hathaway’s ex-fiancé, an Italian businessman snagged by the FBI last year.

METRO NEWS SERVICES



Weight worries over Lindsay

PEOPLE Michael Lohan is concerned about his daughter Lindsay Lohan’s weight loss.

“Lindsay goes through her fluctuations in weight for different roles she’s in, and travelling and what she’s eating and taking care of herself. I’ll talk to her about it. I’ll see what’s going on,” he told Good Day Philadelphia.

But that might be difficult, since their relationship “has been a little strained because of her relationship with Samantha (Ronson).”

METRO NEWS SERVICES



Kate and Owen: Still just friends?

RUMOUR On-again off-again couple Kate Hudson and Owen Wilson were spotted chatting cozily on a park bench in Paris after taking a bike ride around the romantic city.

There’s no word on the state of their relationship, but experts at the Mirror think that the pair’s body language suggests they’re still just friends.

METRO NEWS SERVICES



Today
 Breaks of sun
 -10°C / -23°C

Friday
 Partly cloudy
 -4°C / -14°C

Saturday
 Some clouds
 -6°C / -13°C



Andrew Schultz, Weather Specialist – Breakfast Television
 “I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta.”
WEEKDAYS AT 6 A.M.

Take Five

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19		20	21				
			22					23				
24	25	26			27	28	29				30	31
32					33					34		
35			36	37					38			
		39					40	41				
42	43				44		45			46	47	48
49					50	51			52			
53					54				55			
56					57				58			

Crossword across

- 1 Send forth
 5 Grier or Dawber
 8 Feds
 12 A-line creator
 13 Mimic
 14 Wash
 15 Con
 16 Revolver
 17 Curved molding
 18 Unhealthy atmosphere
 20 Ascending
 22 Heavy weight
 23 Tasseled topper
 24 Hipsters' jargon
 27 Engrave
 32 Oklahoma city
 33 Peeples or Vardalos
- 34 Gist
 35 Overwhelming
 38 Predicate part
 39 Exist
 40 “Eureka!”
 42 Money-back deal
 45 Tidbit
 49 Object of worship (Var.)
 50 Bill's partner
 52 Nastase of tennis lore
 53 Teller's companion
 54 That girl
 55 Have coming
 56 Vortex
 57 Raw rock
 58 Colouring agents

Crossword down

- 1 Mild yellow cheese
 2 Revealing fashion
 3 Greek vowel
 4 Sad, on the Seine
 5 Violin virtuoso Niccolo
 6 “Simpsons” storekeeper
 7 Carte
 8 Brooding, angry look
 9 Periodical
 10 Always
 11 Requisite
 19 Collins of “MADtv”
 21 Cpl.'s subordinate
 24 Boxing tactic
 25 Altar affirmative
 26 Tramp
- 28 Diarist Anaïs
 29 Native American leader
 30 Plant sticker
 31 Recede
 36 “Beverly Hillbillies” role
 37 Permit
 38 Heterogeneous
 41 Crooner Don
 42 Mature
 43 Supplemented, with “out”
 44 Reverberate
 46 Dispatch a dragon
 47 Green land
 48 Photog's choice
 51 “— the fields we go”

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

P	O	L	S		A	I	M		O	H	M	S
E	X	I	T		D	N	A		N	E	A	P
C	E	R	E	M	O	N	Y		A	G	U	E
K	N	A	V	E		S	H	I	E	L	D	
					I	N	C	A		A	R	M
J	A	P	E			O	V	A	L		O	H
A	L	A			T	R	O	U	T		N	E
B	E	L			U	N	I	T		H	Y	M
					I	O	N			D	O	L
R	O	M	P	E					E	R	N	I
A	L	O	E		A	N	T	I		M	O	N
F	I	N	N		C	O	W		A	P	S	E
T	O	Y	S		E	G	O		N	E	T	S

5	2	1	4	7	6	3	9	8
3	7	9	1	8	2	4	5	6
8	4	6	3	9	5	2	1	7
9	6	7	2	4	1	5	8	3
1	5	4	7	3	8	6	2	9
2	3	8	6	5	9	7	4	1
7	1	5	9	2	3	8	6	4
6	8	3	5	1	4	9	7	2
4	9	2	8	6	7	1	3	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	Genius	
13-17 min	Scholar	
	21-25 min	Not bad
	25+ min	Keep practising

Metro Recipe of the Day



Steak with Puttanesca Sauce

INGREDIENTS:

- 25 g (half a can) anchovy fillets, drained
- 2 tbsp (25 ml) low-fat milk
- 2 tbsp (25 ml) olive oil
- 1 red onion, roughly chopped
- 2 garlic cloves, crushed
- 1 red chili pepper, deseeded and finely chopped
- 12 oz (350 g) cherry tomatoes, halved
- 2 tbsp (25 ml) bottled capers, rinsed
- 1 tsp (5 ml) dried oregano
- 4 lean round steaks (about 4 oz/115 g each)

METHOD:

1. Lay anchovies flat in small dish, spoon over milk and leave to soak while you begin preparing sauce.
2. Heat 1 tbsp (15 ml) oil in large, ridged frying pan, add onion and cook gently 3-4 minutes until soft.
3. Stir in garlic and chili pepper, then add tomatoes, capers and

oregano. Drain and discard milk from anchovies, roughly chop anchovies and add to sauce. Stir and cook gently 5 minutes or until the tomatoes are lightly cooked. Tip sauce out into bowl and set aside while cooking steaks.
 4. Rinse out pan and reheat. Brush steaks lightly on both sides with remaining oil and season with black pepper. Place steaks in hot pan and cook over medium-high heat 2-3 minutes per side for rare or 4-6 minutes per side for medium.
 5. Pour sauce over steaks in pan and heat through, then serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
 Share your secrets with a special person. Lessons are learned by a whining victim. Open your eyes to a pawn in a crazy game.



TAURUS
APRIL 21-MAY 21
 Relatives are aware of an unexpected crisis. Common sense will disturb a scoundrel. Don't give up on any romantic thoughts.



GEMINI
MAY 22-JUNE 21
 Take the time to make a sensational change. The final days of a business are looming. A mischievous guy gets a reward.



CANCER
JUNE 22-JULY 22
 You're in the mood to listen to an adviser. This isn't the right time to say something stupid. Someone takes the path of least resistance.



LEO
JULY 23-AUG 23
 Pay attention when something smells fishy. Rely on a phone call to correct a mistake. Refuse to lose sight of the truth.



VIRGO
AUG 24-SEPT 22
 An overjoyed person reveals that something's up. Shocking events are caused by financial problems. A surprise phone call causes discomfort.



LIBRA
SEPT 23-OCT 23
 Your denial of reality won't sit well. An obsession shows a different side of you. Your concept of freedom will surprise everyone.



SCORPIO
OCT 24-NOV 22
 A stranger will appreciate your work. Let a good love change your life. Be rational, amusing, clever and cheerful no matter what happens.



SAGITTARIUS
NOV 23-DEC 21
 A conman was hurt by your remark. An optimistic attitude develops after noon. A newcomer is delayed by an error.



CAPRICORN
DEC 22-JAN 20
 Emotional people will need assistance. A wounded friend reminds you to forgive a woman. Pack up and move away from a sad situation.



AQUARIUS
JAN 21-FEB 18
 The cause of a profitable disturbance is revealed. Wish for an excellent dream to come true. A loved one reveals your destiny together.



PISCES
FEB 19-MARCH 20
 Absent-minded people irritate a stubborn fellow. You'll see that it's time to move on. Your energy level is speeding up.



TELL METRO READERS WHAT YOU THINK

NEW "COMMENT & VIEWS"

Whether you agree or disagree about anything you've read in Metro, we want to know. Send us your views and pick up Metro daily to find out what other Metro readers are saying.

Email your letters to calgaryletters@metronews.ca

metro
Do it daily.

Save with

yak

India **19¢** / min.

Dial **10-10-925** & save today.

www.yak.ca

Canadian Visa & Immigration Services
Immigration Consulting Group
 Office at 6th Street & 11th Ave, Calgary

NEW Skilled Worker Immigration • Spousal & Family Sponsorship
 Work Permits & LMO • **Applications for:**
 Student Study & Work Permits • Business, Caregiver,
NEW Canada Experience Class • PR Card, Citizenship
NEW Alberta Nominee Program • Appeals, Humanitarian &
 Refugee Claims • Compassionate Cases

CSIC Canadian Society of Immigration Consultants **SCCI** Société canadienne de consultants en immigration

JAY CHAHAL, M.A., CCIC
 CERTIFIED CANADIAN IMMIGRATION CONSULTANT (M085112)

403.827.3853 jay_chahal@shaw.ca



LEARN TO BE IRISH

St. Patrick's Day • Tuesday, March 17th
Moxie's Lounge • Adults Only

Visit LearnToBeIrish.com for your chance to win a trip to Ireland.

17th Avenue • 403 228 1447
Barlow & McKnight • 403 291 4636
Calgary Downtown • 403 234 7507
Chinook Centre • 403 259 5742

Market Mall • 403 288 2663
Shawnessy • 403 254 5100
Southport • 403 2225 9598
West Hills • 403 246 0366



**MOXIE'S
CLASSIC
GRILL**